

REDBOOK



15 snacks that make you slim

You can win the hunger games

SEXY HAIR FOR LAZY MORNINGS

Moneymaking moves real women swear by

Flash deals!

210 finds under \$100, \$20, even \$5

Kelly Clarkson

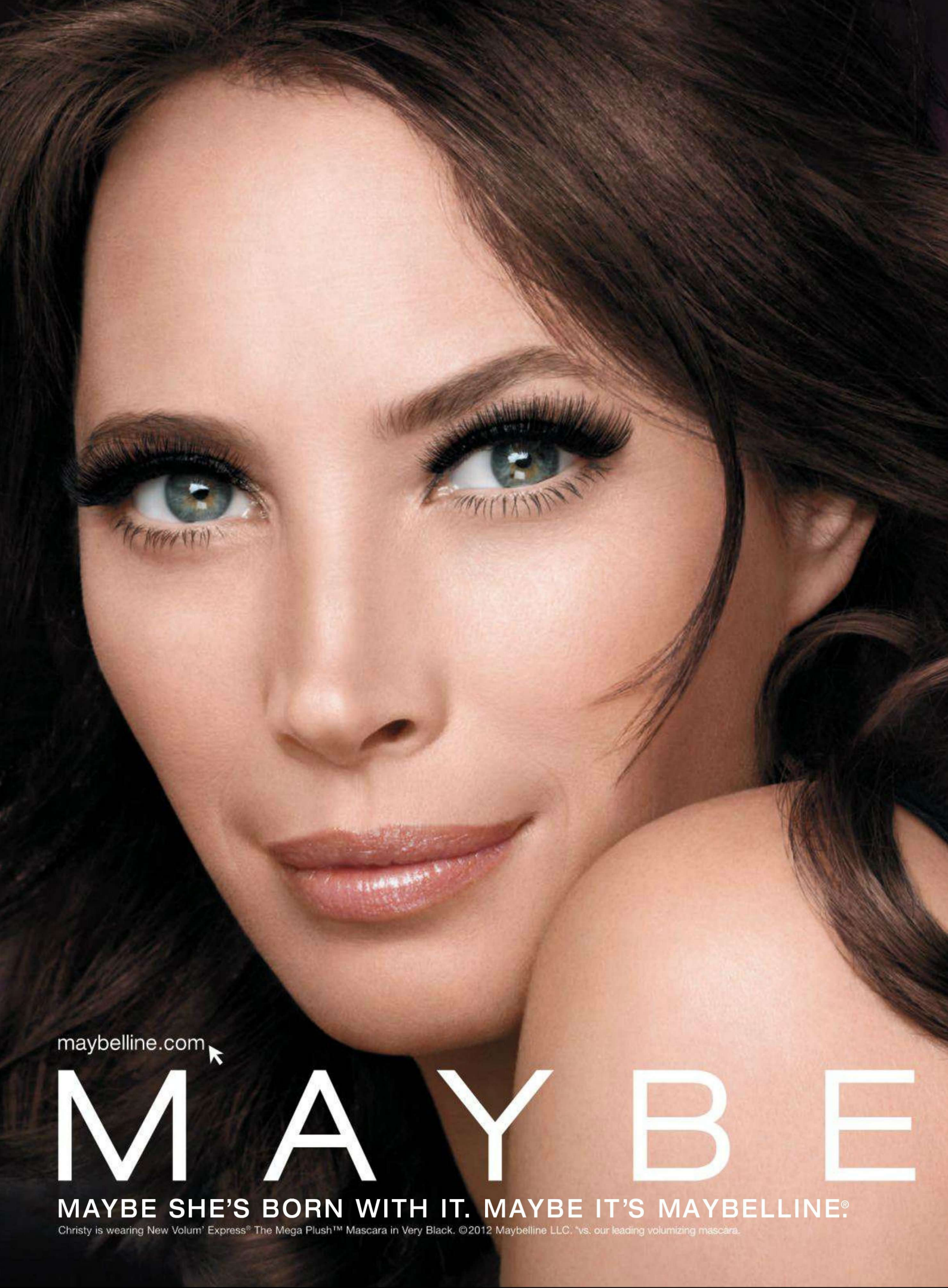
Found love!
Lost weight!
Talk about stronger

26

FUN, CHEAP
DATE-NIGHT
IDEAS

One simple trick to feeling happier

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in this issue is
under \$100!!*

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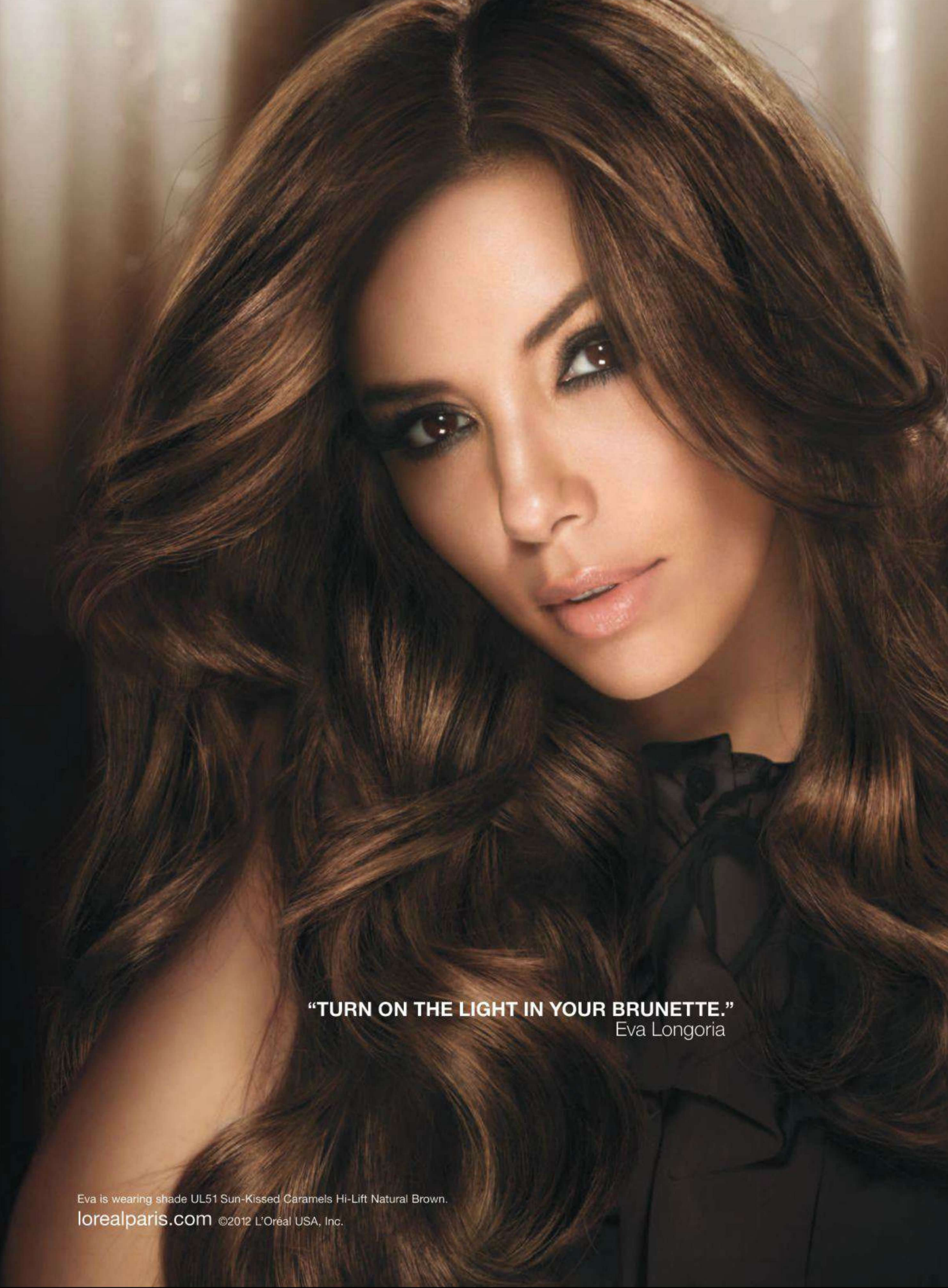
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"TURN ON THE LIGHT IN YOUR BRUNETTE."
Eva Longoria

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Top, Tribal, \$62; lundrigans clothing.com. Jeans, Levi's Curve ID, \$68; levi.com.



Kelly Clarkson photographed exclusively for REDBOOK by Matt Jones. Hair: David Cox for Oribe/Celestineagency.com. Makeup: Ashley Donovan for Diorshow at SoloArtists.com. Manicure: Carla Kay for Cloutier Remix/Essie. Stylist: Nicolas Bru at Margaret Maldonado Agency. Blouse: Temperley. Jeans: 7 For All Mankind. Bangles: Melinda Maria. Get Kelly's cover look with ColorStay 16 Hour Eyeshadow Quad in Addictive, Overtime Lengthening Mascara in Black, and ColorBurst Lipbutter in Sweet Tart by Revlon; and Volumizing Mousse and Vibrant Shine Spray by Suave Professionals.

TOP: ERIC PIASECKI. STILLS: BEN GOLDSTEIN/STUDIO D. STYLIST: DEIDRE RODRIGUEZ FOR R.J. BENNETT REPRESENTS.

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Our happiness rules

That headline sounds like an oxymoron, but as we put together this, our happiness issue, we found it helpful to follow a few guidelines. **1.** Nothing could cost over \$100, because buying power is a natural high. **2.** All stories should leave you feeling hopeful (true even of "Apartners," on page 93, about couples who become more caring and cooperative *after* divorce). **3.** Every idea needs to be easy, so no one winds up hot and flustered in her kitchen or closet or while staring into a magnifying mirror. Here are a few more happiness rules we discovered, and plan to follow from now on.



▼ TAKE A BREAK, WILL YA?

We all jumped up to watch when the space shuttle did a flyover atop a 747. So cool, and great to just hit "pause" on the day.



► NIBBLE EARLY AND OFTEN

Because snacking can actually help you lose weight (see page 68), we tasted *all* the party food on page 137, including the Hawaiian plate-lunch macaroni salad. A yummy revelation.



► OGLE A HOT HUSBAND...

The entries for REDBOOK's America's Hottest Husband 2013 contest are pouring in. Poor Brittany Burke, our associate editor, must force herself to look through thousands of photos of smoking-hot men, many of them shirtless. And then she reads about how devoted and thoughtful they are. A standout this month: Toby Hottovy, 31, a father of two from Lincoln, NE. His wife, Jen, says, "He's a kid at heart—always throwing a football or looking for seashells at the beach. That's when I feel most in love with him."



...AND ENTER YOURS TO WIN!

Go to redbookmag.com/hothusbands2013 and enter our America's Hottest Husband contest. You could win a swanky trip. See page 155 for details.



◀ MAKE FRIENDS

We're having a lovefest with our new columnist, Soleil Moon Frye—Twitteress extraordinaire, author, and mom to Poet and Jagger, snuggled up with her at left. She gives the *best* advice (see page 86), so ask her anything at soleil@redbookmag.com.

▼ BRING THE BABY!

Photographer Matt Jones brought his daughter to our cover shoot, which made everyone on set happy. Thanks for coming, Isla!



▲ HOST A GIRLS' NIGHT

One thousand REDBOOK readers are throwing Happy Hour House Parties with their girlfriends on June 23! For ideas to host your own, go to redbookmag.com/happyhour.



▲ HAVE HOPE

An amazing video went viral as we finished up this issue: Chris Rumble, 22 and battling leukemia, filmed fellow patients, doctors, and nurses dancing and singing to Kelly Clarkson's hit "Stronger" at the Seattle Children's Hospital. If you haven't seen it, Google immediately. The light and fight in those kids' eyes will stay with you, I promise.

Jill
Jill Herzig, Editor-in-Chief
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JULY'S CLICK LIST



C'mon, be a little bad

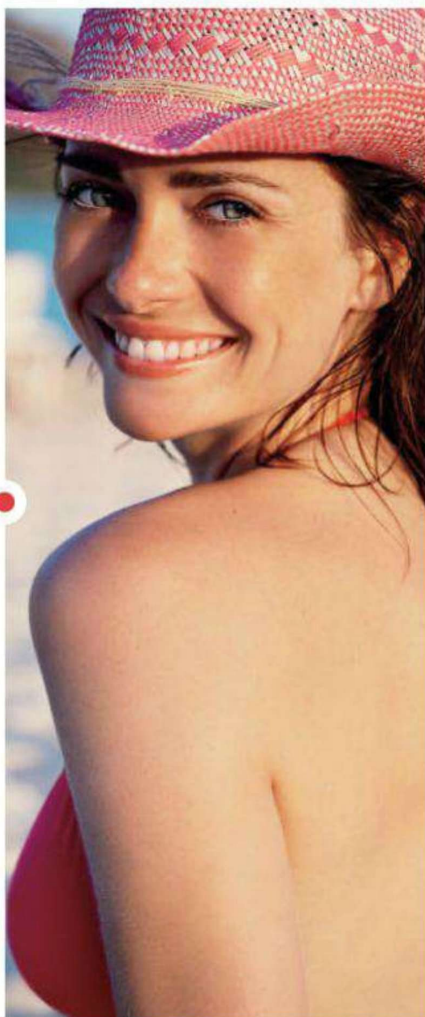
redbookmag.com/guiltypleasures

Check out our A-to-Z list of delicious little pleasures to allow yourself, just because it's summer. Midday naps and ridiculous high heels? Yes, please! Hours reading gossip mags and watching *Real Housewives*? Ab-(sigh)-lutely.

Hot and gorgeous

redbookmag.com/beautyfixes

Getting sexy after a day in the sun is a total breeze with these 8 easy beauty tricks. Rough skin, dry lips, a little sweat—we cure it all!



Pin it!

Know what you're wearing the next time you go out with your guy? We do! Go to pinterest.com/redbookmag and check out REDBOOK's "Date Night Looks" board, curated by our fashion experts.



You should be a model!

redbookmag.com/modelsearch

Join REDBOOK and Beyond the Rack, our favorite flash-sale fashion site, for our real-woman model search! The winner will get to pose in the hottest fall looks for a Beyond the Rack photo shoot, including a luxe trip for two to Montreal and a complete makeover—and you'll get to keep the clothes. Plus, your picture will run in REDBOOK!

WIN FLIP-FLOPS AND BAGS!

Every day this month, we're giving away a pair of Planet Flops flip-flops, a Danielle Nicole drawstring tote, or an Olivia + Joy bag. Enter for a chance to win at wintoday.redbookmag.com. See page 154 for details.

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This month's **STAFF CHALLENGE**: Draw a picture of something that makes you smile, in honor of our happiness issue.



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—SUNNY

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DOWNTON ABBEY



—MARGARITA

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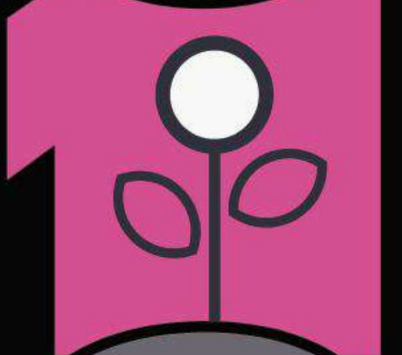
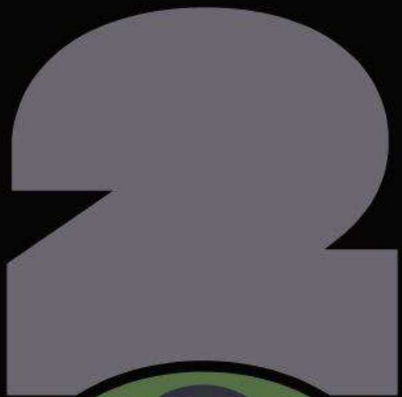
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This month's **STAFF CHALLENGE**: Kick off our happiness issue by *showing* us what fills you with joy.

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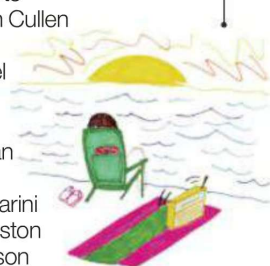
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WONDER WOMAN

Thanks for your shout-out to single moms ["We Salute You, Single Moms," May]. I'm the mother of two teenagers and have been on my own since 2003. While it has brought out an inner strength I never knew I possessed, there are also a lot of hardships. Single parents need to work together to overcome these struggles and be our own best support system. —SUSANNE KAHLER, Round Hill, VA

DOCTOR'S ORDERS

Thank you for "Have a Happy, Healthy Vagina" [May]. As a physician, I felt that Dr. Hutcherson addressed some very important medical questions in a relatable way. As I always tell my patients, it's so important to familiarize yourself with the territory "down there"!

—LAUREL SCHWARTZ, Philadelphia

WE ASKED ON FACEBOOK

KIDS CAN BE ACCIDENTALLY INSULTING. WHAT FUNNY ZINGERS HAVE YOU GOTTEN?

- "“Mom, are you pregnant, or just really fluffy?”" —ANGIE SCHOTT
- "“What's the crack in your head?” when pointing to the line between my eyebrows." —STEPHANIE PAULOS ZUMBO
- "“We were looking at old photos and I pointed myself out to my son, who said, ‘No way, that girl's too pretty to be you!’ Thanks, son. Love you too!” —BRANDI GERRENA BERRY COOK
- "“My son asked, ‘When you were little, were there dinosaurs?’!" —KATHLEEN V. DUWE

I CAUGHT MY CANCER IN TIME— AND I CAN'T THANK YOU ENOUGH!

CHECK YOUR SPOTS!

After reading "Wake Up and Listen to a Derm Who Had Skin Cancer" [May], it clicked that I'd had a bump on my arm for about seven weeks. I saw my doctor, and found out that I have basal cell carcinoma. It's scary, but I caught it in time. I can't thank you enough!

—SUE STOZEK MAYEDA, via Facebook

LEGACY OF LOVE

"My Grandma's Lingerie" [May] was a wonderful story—thanks to Caitlin Moscatello for having the bravery to share it. What a great glimpse into a special relationship.

—TONI, via email

ADMIT IT!
Would you ever
put your family on
reality TV?

17%

YES

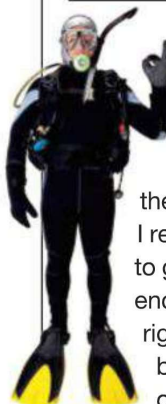
83%

NO

"No way! There's enough crazy on TV as it is."

—MEREDITH MUIZERS, VIA FACEBOOK

WOW, THAT WAS EMBARRASSING!



SEE ME WEE

"My husband and I were walking on a deserted Cape Cod beach during the off-season when I realized I *really* needed to go the bathroom. He encouraged me to go right where we were, because there was no one for miles, and

promised to keep watch. Just as I was in the middle of my business, he yelled to me: Literally one yard away, a scuba diver had popped out of the water." —F.N., AMHERST, MA

WANT FRIES WITH THAT?

"I was grabbing takeout one night in a crowded local burger joint. I looked a bit out of place in my workout gear, but I figured no one would notice. When I went to put some ketchup in one of those little containers, though, I pressed down too fast and it squirted *all over* the front of me. If no one had noticed me before, they definitely did after that!"

—L.B., NEW YORK CITY



REDBOOK REGRETS...

In our May "Most Valuable Products" story, the bottle shown for Dove Style+Care Frizz-Free Shine Cream-Serum was incorrect. The correct bottle is shown here. ➔



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Inspiration BOARD

TINY WAYS TO MAKE LIFE HAPPIER, SANER, SWEETER

▼ Go bold on the bottom

Minka Kelly proves how cute (and easy!) it is to wear fun and funky printed jeans, dressed up *or* down. Just pair them with a basic solid shirt and it's practically foolproof. Who says that the top half of an outfit should corner the market on fun?



◀ Shoot like a pro

Capture all those special summer moments with your kids (see: chasing lightning bugs) even better. The book *Pocket Posh Guide to Great Home Video* is packed with tips like "Zooming is death. Zooming will give the viewer vertigo. Instead, walk closer." Oh, *riiight*.



▲ Try pink and green

We love how Emily Blunt looks all '80s-preppy gone modern in a green dress and earrings topped off with fuchsia matte lipstick. Do it yourself with her makeup artist Jenn Streicher's pick: CoverGirl LipPerfection in Spellbound, \$6.50.



Sweet idea! ➤

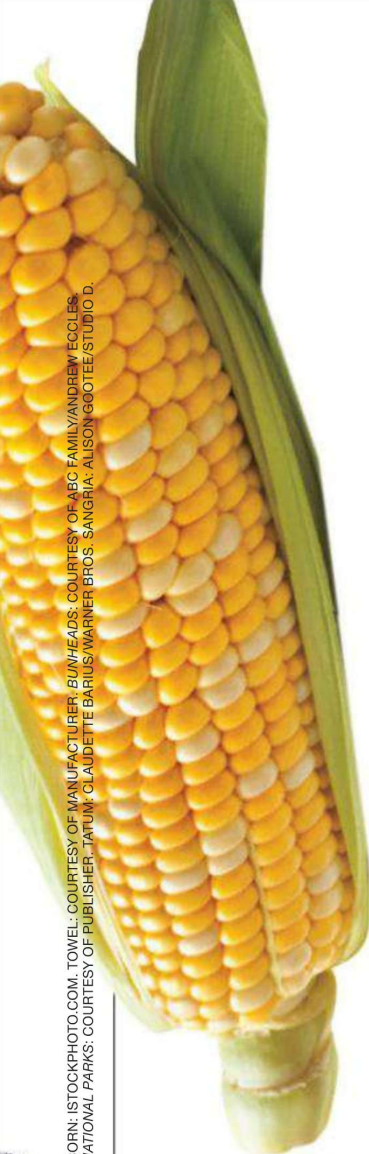
When Amaya Taveras, REDBOOK's art director, was dating her guy long distance, he often sent her texts with images of flowers. "When we moved in together, we printed and framed them to remind us of our start," she says. Seriously, somebody call Nicholas Sparks.

"O" really ➤

Well, if nothing else inspires you to exercise, break a sweat to this: New research shows that women can orgasm as a happy side effect of working out. Ab exercises, yoga, running, and cycling are most likely to hit the... um... er... spot.



KELLY, FROM LEFT: OWEN BEINWENN.COM; GETTY IMAGES; INFPHOTO.COM. KIDS: LAURENCE MONNERET/GETTY IMAGES; IPHONE: STUART TYSON/STUDIO D. FLOWERS: COURTESY OF AMAYA TAVERAS; BLUNT: GETTY IMAGES; LIPSTICK: GREG MARINO/STUDIO D. BIKER: NOAH CLAYTON/TETRA IMAGES/CORBIS.



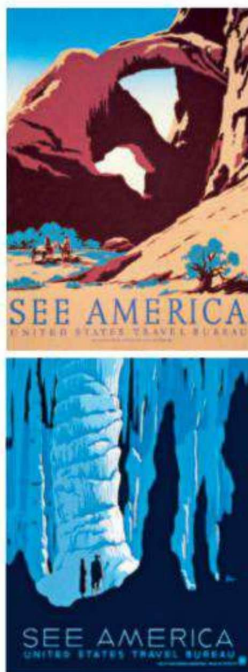
◀ Eat corn every night

Isn't that what you want to do when it's finally, scrumptiously in season? To switch up the flavor a little, have fun with the butter. Soften a stick in a bowl, then stir in one of these combos from REDBOOK's resident food expert, Barbara Chernetz: lemon zest with cut-up chives; a squeeze of lime with chili powder; curry powder; or Spanish paprika with chopped pitted olives. No need to be precise—just start with a pinch of whatever spice you're adding, then keep mixing in more till it's just as intense as you like it.



▲ Here's your magic carpet

Make over your favorite sandy spot—or local mud hole, if that's what's available—with a blanket-size beach towel like this one from Natori (\$29.99; natori.com). So glamorous, no? Now be a dear and fetch the sunscreen.



▼ Chicks with character

Thank the TV gods she's back: Amy Sherman-Palladino is a master at creating smart, complex women—like the ladies of *Gilmore Girls*—and she does it again with her new drama *Bunheads* (premiering June 11 on ABC Family). We adore the way she doesn't make everything about gossip and guys. "My women can't be defined by men," she tells us. "Their problems have to be much bigger than 'How do I get a date?'" Amen to that.

◀ Hit the road!

These retro travel posters from the book *National Parks: A Kid's Guide to America's Parks, Monuments, and Landmarks* are the perfect reminder that it's camping season—and that camping is *awesome*.

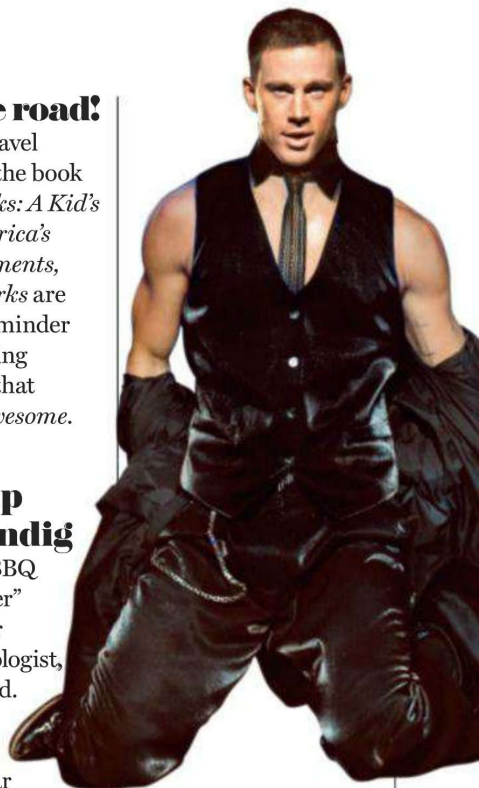
▼ Amp up your shindig

...with "This BBQ Just Got Better" sangria by our Mommy Mixologist, Kim Haasarud. Pour ½ cup each of lemon juice and sugar into a pitcher and stir to dissolve. Add 1 cup white cranberry juice, a shot of pomegranate juice, and peach slices, then stick in the fridge for an hour. Mix in a bottle of inexpensive sparkling wine, stir, and serve over ice, while employing your best Spanish accent. (Makes 5 drinks.)



▲ This one's for you

If the idea of a male striptease makes you want to hide under the bed, you owe it to yourself to see Channing Tatum (a former stripper!) in his new movie *Magic Mike*. Let him tell you why: "Male strip clubs are places where women go to laugh and embarrass their friends and lose their inhibitions, and there aren't a lot of other places where girls can be liberated like that. The more red-faced [a stripper] can make her, the better the story she can tell at work on Monday." How did he feel stripping for 150 women during filming? "Even I was nervous. I have to really do this? What was I *thinking*?" There's nothing you can do but make fun of yourself!"



Inspiration BOARD



Paula DuPre' Pesmen at home, surrounded by loot that will go to kids in Colorado ICUs.



Paula delivers goodies to 9-year-old cancer patient Justin, pictured with his mom.

Bring a little joy to a **child** who's sick

This *Harry Potter* producer left Hollywood to bring more smiles to kids with serious illnesses. Want to help? By Kate Meyers

Working behind the scenes on the first three *Harry Potter* movies was thrilling for Paula DuPre' Pesmen. But what really gave her goosebumps were the days when kids with life-threatening illnesses were whisked to the set for a day of magical escapism. She loved when the makeup artists placed lightning bolts on the foreheads of the tiny patients and gave them their own Hogwarts robes. But talking to the kids' families brought harsh reality crashing down: "I remember saying to one parent, 'You must have so many people helping you out,' and he responded, 'Are you kidding? People aren't calling; they're not coming over. We're living every parent's worst nightmare,'" says Paula, whose own husband battled colon cancer 11 years ago. "I realized that these families really needed help." So in 2005, she quit her job as an associate producer and returned home to Boulder, CO, to start There With Care, a nonprofit that lightens the load for parents of critically ill children. More than 500 volunteers in Boulder and, now, the San Francisco Bay area tackle everyday tasks like delivering cooked meals, babysitting the families' other kids, and giving rides to chemo appointments. Beth Krodell remembers the moment last spring when her 4-year-old son was diagnosed with lymphoma: "Paula went home for us, fed our cats, and filled a suitcase with our clothes so we could stay overnight," says Beth. "I'm so grateful that she was there to handle the stuff we were too preoccupied to think about."

You can help bring hope and support to many more families—just go to therewithcare.org/how-to-help to get involved.

4 MORE WAYS TO HELP SICK KIDS:

1 Sell lemonade with your kids and send the money you bank to Alex's Lemonade Stand Foundation (alexlemonade.org/get_involved), a group started in honor of Alexandra Scott, who passed away from neuroblastoma when she was 8 years old. Since 2004, the group has raised an astounding \$50 million for children's cancer research.

2 Volunteer to cook meals or host fun events at one of more than 175 Ronald McDonald Houses (rmhc.org/how-you-can-help/volunteer), where families can stay for little or no cost if their child is hospitalized far from home.

3 Cheer up a kid in treatment by sending a toy directly to a children's hospital in your area. Go to childsplaycharity.org/donate to find out how.

4 Encourage your kids to send a birthday card to the sibling of a sick child through SuperSibs! Go to supersibs.org and click on "Get Involved." "It's hard to watch my brother go through this," says Aidan, 11, whose 14-year-old brother has a brain tumor. "But getting packages from SuperSibs! makes me happy. He has three months left of treatment, then we'll play hockey again. He's my best friend."

FROM LEFT: CHEYENNE ELLIS, TIMOLYN ESSON.

IT STARTS WITH A WISH IT CAN END WITH A CURE



1 in 6 men will be diagnosed with prostate cancer in his lifetime. When you choose this limited-edition bag, you're supporting vital research to help find a cure. Available at your local Safeway stores during the month of June, while supplies last.

To help The Safeway Foundation and Stand Up To Cancer, and to get the facts about prostate cancer, go to SafewayFoundation.org.

Angie Harmon
Stand Up To Cancer
Ambassador

THE
SAFEWAY 
FOUNDATION



\$2 from the sale of the \$2.99 reusable bag will benefit prostate cancer research.
Photo by Randall Slavin



It's dinner time in America. But for 1 in 5 children, you'd never know it.

Dinner time is when families gather to share their day and create memories. But for more than 16 million children, dinner time can be the cruelest part of the day. Right here in the United States, 1 in 5 kids don't know when they will have their next meal. You can help surround kids with the nutritious food they need to thrive. Pledge to make No Kid Hungry® a reality. See how at NoKidHungry.org.



Inspiration BOARD

"What I looked forward to the most was being with my kids again," says Sidney.

Sidney Richards with son Troy; Jacksonville, NC

**IN HONOR OF
JULY 4th:**

**HAPPY
REUNIONS!**

We salute with gratitude the men and women of our military—and we dare you not to tear up at these glorious homecomings.

Aaron Phillipps with wife Elissa Danielle; now stationed in Lakenheath, England

Jeremy Schwarting with nephew Eric; Havelock, NC

Richard Bosworth with daughter Reagan; Ewa Beach, HI

A proposal! He said: "Being away from you made me realize that I want to spend the rest of my life with you."

Daniel Lutyk with fiancée Lariah Perera; Jacksonville, NC

"I was so proud of my boys for being strong while I was deployed," says Cambria.

Cambria Sparks with sons Brayden and Brent; Connersville, IN

"It felt like Christmas! Having him in my arms, I could finally breathe easy after seven months," says Tiffany.

Bryant Roberts with wife Tiffany and kids Naomi and Bryson; Goldsboro, NC

Jymalee Olsen with mom Becky; Laurel, MO

Brandon Warthen with wife Jasmine and son Malachi; New Bern, NC

Ben Horn with wife Caitlin; Virginia Beach, VA



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\$1999*
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Whether she's a florist, hostess, or flirt, Emily found a kitchen style that works for every side of her. From traditional to modern, IKEA has a kitchen style for every side of you too. Discover yours at planyourkitchen.com

RAMSJÖ kitchen \$6679 as shown Red-brown stained, clear lacquered solid beech/beech veneer. *The total price includes cabinets, fronts, interior shelving, drawer and door dampers, hinges, toe-kicks, legs, visible moldings and panels. Your choice of countertop, sink, faucet, handles, appliances and lighting are sold separately. See IKEA store for limited warranty, country of origin, and 10'x10' layout details. Valid in US IKEA stores only.



The Life Improvement Store™



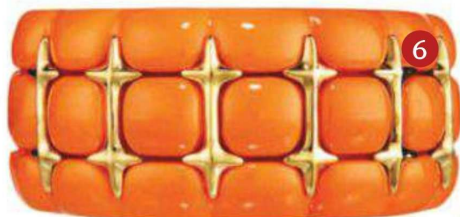
Love an item on this page? Scan it with your phone and pin it to Pinterest. Download the free Digimarc Discover scanner from the App Store to get started.



50

UNDER \$50

SUMMER STYLE SPECIAL!
MEET THE VERY HOTTEST
FASHION AND ACCESSORY
STEALS TO COVER YOU
FROM SUNUP TO OFFICE
TO (WHEW!) DATE NIGHT.



1 A country-club classic takes a walk on the (fashionably) wild side. Clutch, \$19.99; fashionjunkee.com. 2 The best reason to send your worn-out cutoffs on vacation. Shorts, \$29.90; uniqlo.com for store locations. 3 Show off your patriotism and your waist—this flag-bright dress will make you look teeny. Dress, \$36; lulus.com. 4 Word on the street is your plain gold studs have some buzz-worthy competition. Earrings, \$20; foxyoriginals.com. 5 Best of luck deciding which of these belts—you get three for under \$9—to wear. Belt trio, \$8.10; gojane.com. 6 A touch of Palm Springs chic for your wrist: It makes such a satisfying *clink* as you raise your Arnold Palmer. Wendy Williams for QVC bangle, \$34.50; qvc.com. 7 Equal parts low-key Mary Ann and glam Ginger, these boat shoes are ideal for a castaway Saturday. American Eagle Outfitters shoes, \$39.50; ae.com.

50 UNDER \$50



8 A rock-candy confection of a necklace. Yum-o. Necklace, \$19.75; mimiboutique.com. 9 This lime-y satchel is the quickest cure for an acute case of the wardrobe blahs, and it's got that crucial outside pocket! Bag, \$48; truvow.com. 10 Not convinced a pile o' bangles can rescue an outfit? Here's the proof, in black and white. Studio S bangle set, \$18; sears.com. 11 Two little drops of pure delight. Earrings, \$25; fortunoffjewelry.com. 12 And suddenly that Elvis obsession with blue suede shoes makes perfect sense. Heels, \$39.95; shoedazzle.com. 13 Your plea for comfy-cute slip-ons—"Pretty please, with a cherry on top?"—has been answered. Literally. Espadrilles, \$42; soludos.com. 14 Meet your white jeans' lovely new soulmate. Shirt, \$22.25; aeropostale.com. 15 What you get here: a slinky dress and a bright, waist-cinching belt. Not included: a fan to cool your guy down. Dress, \$34.99; burlingtoncoatfactory.com for store locations.



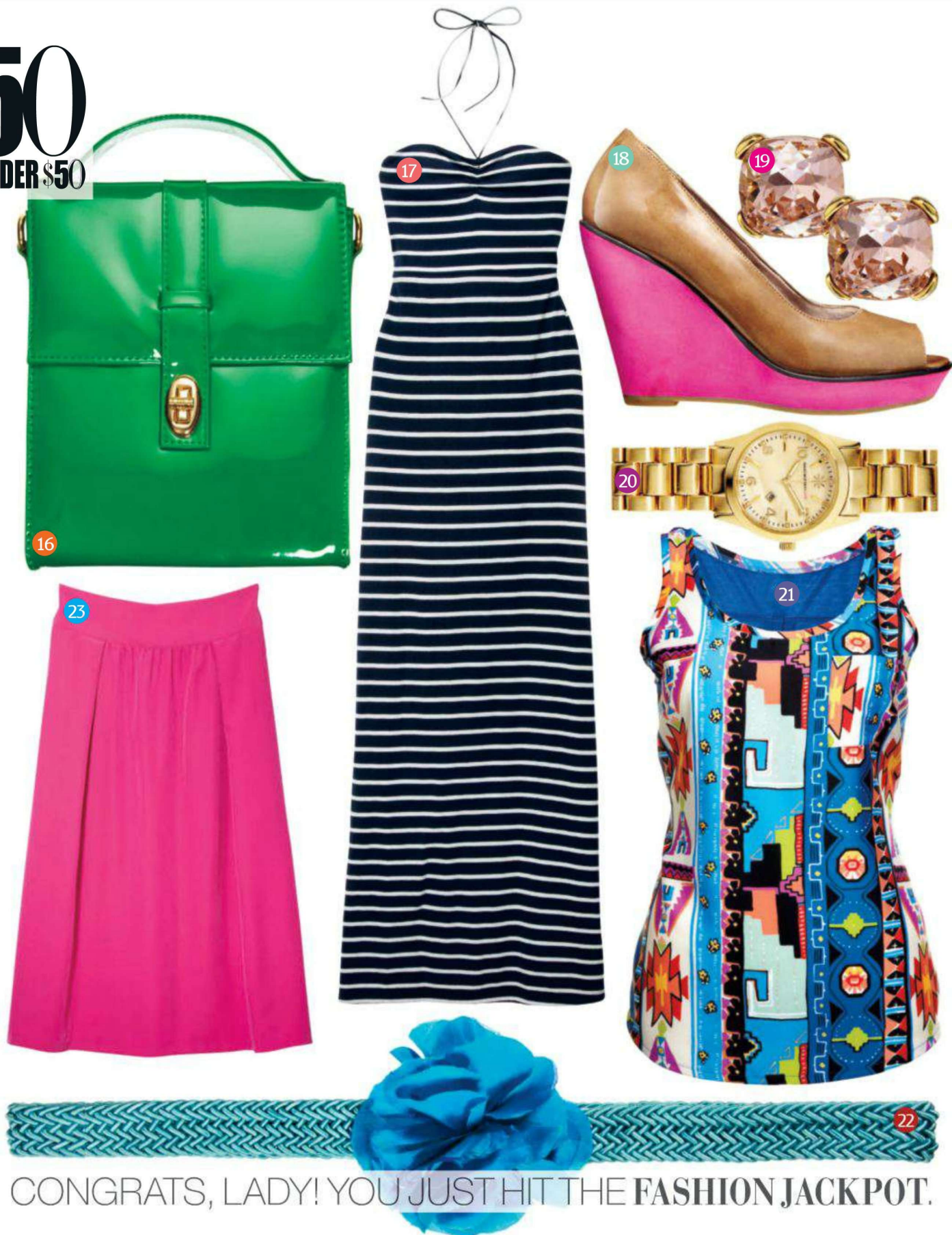
*Add-A-Size Bra—Padding Level 3
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UNDER \$50



CONGRATS, LADY! YOU JUST HIT THE FASHION JACKPOT.

16 A bag any heiress would die to carry—at a work-hard-for-the-money price. Bag, \$19.80; forever21.com. 17 This dress is like your favorite striped tee's super-hot older sister. American Eagle Outfitters maxidress, \$39.50; ae.com. 18 The mullet of shoes: all elegant business on the top, all poppy fun on the bottom. Wedges, \$49.95; hm.com for store locations. 19 A rosy take on classically chic studs. Earrings, \$37; wanderlustandco.com. 20 This handsome, chunky watch looks like a legacy from your grandfather—only you wear yours with a sexy sundress. IsaacMizrahiLive! watch, \$41; qvc.com. 21 The main building block for Sunday morning's insta-chic outfit. Nicole by Nicole Miller top, \$14; jcp.com. 22 Your go-to black dress will thank you for its pretty new friend. Belt, \$39.50; loft.com. 23 Proof that *ladylike* doesn't have to mean *staid*: This skirt is set to add a dose of awesome to your work wardrobe. Skirt, \$38; meetmark.com.



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**\$20
AND UNDER**



WHIPLASH ALERT: YOU'LL FLIP FROM "I WANT IT" TO



24 The rustic braided belt gets in touch with its feminine side. Belt, \$10; amiclubwear.com. 25 Be warned: You'll have to convince the hubby you didn't wipe out the joint account to buy this bag. Clutch, \$19.99; target.com. 26 A not-clunky, so-pretty barrette long enough to keep *all* your hair back—that's its actual size above! Barrette, \$15; franceluxe.com. 27 The perfect fancy partner for your favorite black suit. Covington top, \$19.99; sears.com. 28 A wrap bracelet that asks: Why *can't* you be badass and polished? Bracelet, \$19.99; wanderlustandco.com. 29 How appropriate that the new valedictorian of your shoe wardrobe has a tassel. City Classified sandals, \$18.50; makemechic.com. 30 This '70s-cool wallet just begs for tickets to the Stevie Nicks summer tour. Wallet, \$14; claires.com. 31 Throw this over your cutoffs and do your best hot-farm-girl impression. Tank, \$15; oldnavy.com. 32 And voilà, here are the perfect cutoffs! Shorts, \$19.99; aeropostale.com.



“WHOA! I GOTTA BUY IT!” WHEN YOU SEE THESE PRICES.

Love the playful band

33 Ward off arctic AC with this floaty-light, I-bought-it-in-the-Seychelles scarf. Capelli New York scarf, \$17.95; etailmall.com. 34 A psychedelic pop of color for your finger. Ring, \$12; zadretail.com. 35 A gorgeous, intricately beaded necklace—how could it possibly be this cheap? Necklace, \$17.97; charmingcharlie.com. 36 Tell the hubster that this is the key to your happiness. Necklace, \$14; fredflare.com. 37 You’re descended from the Glamazon tribe, no? Catalina swimsuit, \$15; Walmart. 38 Ballerinas that’ll go with everything you own—but won’t fade boringly into the background. Flats, \$17.80; forever21.com. 39 A hat for the beach... or just beaching yourself in a backyard lawn chair after work. Joe Boxer hat, \$9.99; Kmart. 40 Pumps that whisper, in an Antonio Banderas accent, “Muy caliente.” Heels, \$14.70; gojane.com. 41 These are like little disco balls for your lobes! Earrings, \$5.90; windsorstore.com.

**\$10
AND UNDER**



42 This stunner may well be the closest you'll get to "borrowing" the crown jewels (though Harry is still single; never give up). Necklace, \$10; warehousechicaccessories.com. 43 A bangle that takes an all-black outfit into Rachel Zoe territory. Bangle, \$6.99; burlingtoncoatfactory.com for store locations. 44 Your beauty products work so hard: Don't they deserve a pretty home? Modella makeup case, \$9.97; Walmart. 45 A sweet-as-sherbet top for I-hate-my-tummy days. Tank, \$9.99; marshallsonline.com for store locations. 46 A purple-tastic twist on classic tortoiseshell shades. Sunglasses, \$10; fantas-eyes.com. 47 Earrings too pretty to save for a special occasion. You've got clean underwear? That's special! Earrings, \$7.99; target.com. 48 Not for the easily distracted: This rolling gold bracelet is *fun* to play with. Bangle, \$9; messesofdresses.com. 49 Get your sweat on in style. C9 by Champion tank, \$9.99; target.com. 50 'Cause even in flip-flops, you're the captain of the ship. Flip-flops, \$6.94; oldnavy.com.

MAKEUP BAG: BEN GOLDSTEIN/STUDIO D.



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Reusable power for the planet.**

Energizer Recharge® batteries can be charged

100's of times, making less impact on the planet. Help make

a positive impact at nowthatspositivenergy.com

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YOU NEED TO RELAX So let us help! 1 reader will win a vacation for 2 to the Cayman Islands, which includes 4 nights and breakfasts at the Marriott Grand Cayman, a visit to Stingray City for snorkeling, dinner at local hot spot Luca, and round-trip airfare courtesy of Cayman Airways. Total retail value, \$2,060.

It's a freesplosion!

A new bike, a chic bag, summer-perfect accessories, and a dream vacation—hello, it's Christmas in July. Enter for a chance to win at redbookmag.com/freebies.

PEDAL IN STYLE

5 readers will each win a speedy-adorable bike from Pure Fix Cycles. Value of each, \$325.



GO ON A BAG SPREE

8 readers will each win a gift card from Kelly Moore Bag to spend on any of the bright and roomy totes, hobos, and satchels on kellymoorebag.com. Value of each, \$200.



YOUR NEW WASHER AND DRYER

1 reader will win a washer and dryer from LG. The high-capacity washer saves up to 20 minutes per load. Let's hear it for more free time! Value of set, \$2,898.



A MAJOR NECKLACE!

31 readers will each win this elegantly chunky Lucite necklace from Roberta Chiarella. Value of each, \$48.



SCENT SUPPLY

12 readers will each win a set of 3 light and alluring new fragrances from L'Occitane, each in an awesome jumbo bottle. Value of set, \$141.



WHO DOESN'T WANT AN IPAD?

3 readers will each win a 16GB iPad courtesy of Zynga. Use it to surf the Web or play games like Words With Friends and FarmVille. Value of each, \$499.



PROTECT YOURSELF

12 readers will each win a 3-piece skin-care set from Supergoop!—it's a sun-care line our beauty editors go nuts for. Value of set, \$128.



SWEET 'FLOPS

35 readers will each win a pair of cute summer sandals from Ballasox. Value of each, \$50.

UNLOCK A **NEW** MAGICAL WORLD

A black and white cat is sitting on the left, looking up at a large, ornate, golden frame. Inside the frame is a magical, whimsical landscape with green hills, stylized trees, and a path leading towards a large turkey and several chickens. The frame is decorated with colorful, swirling ribbons in shades of purple, blue, and yellow, and several pink plus signs. Below the frame, a can of NEW Friskies Plus+ cat food is shown. The can is purple and features the Friskies logo and the text 'Plus+' in large letters. It also mentions 'With Turkey & Giblets In Gravy' and lists benefits: 'HELPS SUPPORT: ✓ Clear Healthy Vision, ✓ A Healthy Immune System, ✓ Healthy Skin & Coat'.

NEW FRISKIES® PLUS
FULL OF FUN, FLAVOR AND NUTRITION GALORE

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AFTER 6
HAIR A 10

You do it all.
Now your hair care
product does too.
It's a 10 Miracle Leave-in
does 10 things in one instant.
Ask for it in salons.



itsa10haircare.com



WHAT TO WEAR

GREAT CLOTHES FOR REAL LIFE

Why you should rejoice at the comeback of this graphic print:

● **Polka dots perk you up—pretty much instantly.**

A playful pattern gives off an energetic, fresh-faced vibe that's appropriate no matter how many candles you're blowing out this year.

● **Spots are surprisingly hot.** Mix them with a sheer material or a skin-baring silhouette and you'll end up with the most alluring, sexy-sweet effect.

● **They play well with others.** Sure, these dots will spark up jeans or neutral pieces. But they're also clean-looking enough to be paired with stripes or tiny florals. Go a little wild and you'll make style magic.

Mila Kunis lets the print shine with minimal jewelry and neutral go-withs.

TREND WITH BENEFITS

Polka dots

TREND WITH BENEFITS

A FLOWY DRESS

Whether you go for a modern cut or one that's a bit retro, these dresses make an immediate statement. From left: CE by Cristina Ehrlich for QVC, \$82; qvc.com. Lulu's, \$65; lulus.com. The Limited, \$90; thelimited.com.



Play it girly-cool like Rihanna.

A SWEET LITTLE TOP

It'll give everything from your sharp office blazer to your fave weekend cutoffs a hipster-ish edge.



LoveMode, \$20.89; lovemode.com.

8 PIECES THAT GUARANTEE YOU'LL GET SPOTTED



Olivia Wilde



A KNEE-LENGTH SKIRT

You'll be amazed how easily these skirts toggle from dressy to casual: They're as good with a silky blouse and heels as they are with a tee and cute flats. From left: Windsor, \$32.90; windsorstore.com. Forever 21, \$22.80; forever21.com.



Cable & Gauge, \$34; cableandgauge.com.



Aqua, \$68; bloomingdales.com.

Because your skin needs a little healing every day

NEW!

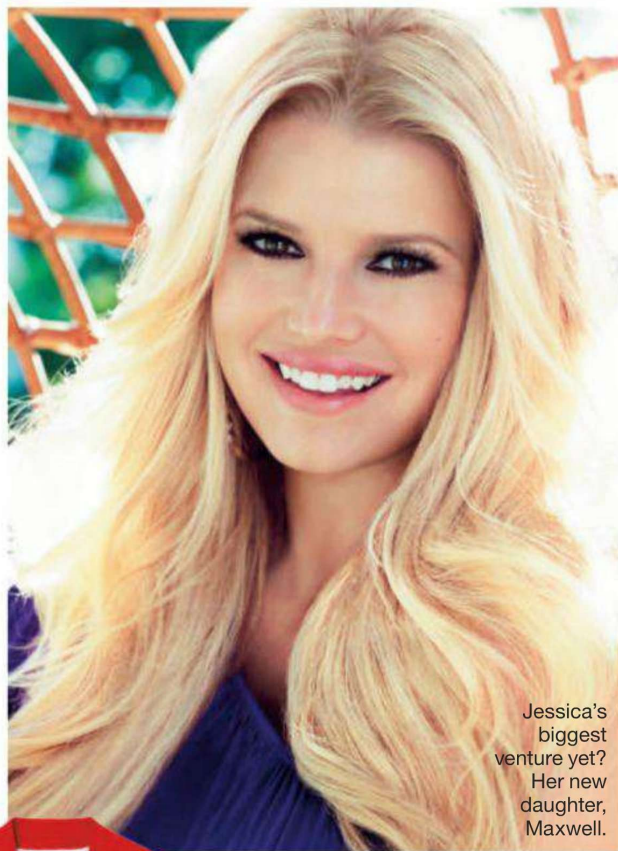


THE ULTIMATE DAILY LOTION

- ✓ 7 Moisturizers
- ✓ Non-greasy
- ✓ Lasts all day
- ✓ Lightweight

Be a glam girl next door

Jessica Simpson's *billion-dollar* fashion empire reflects her own low-key but foxy style. Her secret: Use upscale touches to elevate everyday looks.



Jessica's biggest venture yet? Her new daughter, Maxwell.

HAVE AN MVP ACCESSORY

"I wear the same delicate chain with a sparkly little charm all the time. I've given it as a gift to a few of my friends, because it goes with *everything*."

Necklace, Stella & Dot, \$98; stelladot.com.

GIVE YOURSELF A LIFT

"I couldn't wait to get back in heels this summer! I especially like print ones because they're ladylike but make a real statement."



Heels, Payless, \$27.99; payless.com.



THE BEST OUTFITS...

"Reflect who you are. I love to be comfortable, but I also love to play up the glamour. My go-to look—denim shorts and a tee with a blazer and heels—is a blend of both. It's classic, but flirty, too."

1 Blazer, Jessica Simpson Collection, \$79; Macy's. 2 T-shirt, Aerie, \$15.50; aerie.com. 3 Shorts, Mossimo for Target, \$17.99; target.com.



THE SECRET TO GLOWY SKIN:

"On my days off I go simple, and I constantly moisturize my skin to keep it healthy. Some BeautyMint face lotion and lip gloss is all I use."

BeautyMint Renewing Moisturizer With Elastin, \$39.99 (as part of a set); beautilmint.com.



WHEN IT COMES TO ACCESSORIES...

"Mix it up: Gold and silver, diamonds with plastic, or a polished bag with a casual outfit feels eclectic and fun."



Bag, Shop Suey Boutique, \$39; shopsueyboutique.com.



THE MORE LIVED-IN DENIM LOOKS, THE COOLER IT IS

"I have a vintage denim button-down that I absolutely love. It's been patched and sewn so many times, but it is my favorite thing to throw on."

Shirt, Mavi Gold, \$98; Mavi, NYC, 212-979-6128.

AND JUST BECAUSE YOU'RE PREGNANT...

"You're not limited to maternity clothes. I wore flowy or fitted maxidresses, and practically lived in Roberto Cavalli's comfy-chic caftans."

Blue dress, Sofia by Sofia Vergara, \$39.99; kmart.com.



ADULTHOOD
is the
BULLY
who stole your bike.
TAKE IT BACK.



Still Your Ride.®



It's never too late to hop on and ride.
Take a virtual bike ride through your
childhood neighborhood at Huffy.com.

© 2012 Huffy Corporation. Be safe. Always wear a helmet while riding.

A game-changing jacket

Jacket, Coldwater Creek, \$90; coldwatercreek.com.



This cheery-hued number is the **ladylike alternative** to a denim jacket—it's just as versatile, with a dose of **elegant cool**.

1 Do a denim upgrade

The mix of a lacy top and fun accessories turns your beloved jeans into style stars.

Top, Levi's, \$74; levi.com. Necklace, Fantasy Jewelry Box, \$28.95; fantasyjewelrybox.com. Jeans, American Eagle Outfitters, \$39.50; ae.com. Bag, Urban Expressions, \$53; baghaus.com. Flats, Bamboo, \$23; makemechic.com.



2 Have a brunch date

The solution for days when you need to be comfy enough to run errands—and cute enough for that chi-chi restaurant where you're meeting the girls.

Top, Loft, \$44.50; loft.com. Shorts, Rails, \$88; railsclothing.com. Bag, Gap, \$39.95; gap.com. Bracelet, Loft, \$29.50; loft.com. Sandals, Me Too, \$79; Lord & Taylor.





*Light
as air, fits
a ton*

3 Make it a (rich) classic

Thanks to nautical details, this says, "After the park, we're taking out the boat."

Top, French Connection, \$98; select French Connection stores. Skirt, Lands' End, \$65; landsend.com. Sunglasses, Fantas-Eyes for Xhilaration, \$12.99; Target. Bracelets, Wanderlust + Co, \$14 and \$26; wanderlustandco.com. Shoes, Bongo, \$19.99; kmart.com. Bag, San Diego Hat Co., \$45; sandiegohat.com.



4 Go full-on feminine

Throw it on with a ruffy dress and a couple of hits of sparkle and you're all girly-glam goodness.

Dress, Express, \$80; express.com. Earrings, Margaret Elizabeth, \$92; margaretelizabeth.com. Clutch, La Sera by Franchi, \$98; S&T, Brooklyn, NY, 718-375-2000. Bracelet, Lulu's, \$13; lulus.com. Heels, Restricted, \$85; restrictedshoes.com.



5 Keep things clean

The elements here may be simple (well, except for the funky flowered kicks), but the overall look is polished and super-pretty.

Hat, Block Headwear, \$60; blockheadwear.com. Shirt, Uniqlo, \$39.90; uniqlo.com for stores. Pants, Karen Kane, \$98; karenkane.com. Bag, Shop Suey Boutique, \$48; shopsueyboutique.com. Sneakers, Coconuts, \$69; piperlime.com.



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a beautifully different body wash.

Try Dove® VisibleCare™ for one week and you'll see a visible improvement in your skin. And with our highest concentration of NutriumMoisture™, you'll experience a body wash like no other. DOVE VISIBLECARE CRÈME BODY WASH.

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Average results shown in 1–3 weeks of daily use, based on clinical testing. In home use testing, consumers noticed visible improvement after 1 week. Photos shown reflect clinical improvement at 3 weeks.



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Beautiful skin deserves to be shared. Add your photo to our largest living ad campaign, and you will appear on the Dove® billboard in Times Square.*

Join The Campaign

Visit Dove.com/ShowUsYourSkin or call **DOVE on your mobile device

Call will trigger text message. Message and data rates may apply.



PLUS: Instantly See Yourself And Your Friends
In The Dove® Mosaic Above!

Scan this code on your iPhone to get the free app.



REDBOOK EXCLUSIVE Save!

Pull out your wallet and a big ol' smile: We got you a **deal** at your **favorite** places, starting with **Target**.

**20%
OFF**

MERONA FOR TARGET APPAREL

This Target brand is chock-full of the kinds of pieces that make getting dressed in the morning fun.

Go to target.com/coupons to print a coupon to get 20% off a Merona Apparel item in-store.



Cardigan, regularly \$22.99; **REDBOOK price: \$18.39**

Dress, regularly \$24.99; **REDBOOK price: \$19.99**



Blouse, regularly \$22.99; **REDBOOK price: \$18.39**
Skirt, regularly \$22.99; **REDBOOK price: \$18.39**



Watches, regularly \$60; **REDBOOK price: \$48**

TKO ORLOGI

Big, pretty, statement-making watches are this company's focus. We particularly love these for their fun slap-on bands. Enter coupon code **REDBOOK20** at tkowatches.com for 20 percent off sitewide.

**20%
OFF**



**20%
OFF**

Coin purse, regularly \$49; **REDBOOK price: \$39.20**

Necklace, regularly \$58; **REDBOOK price: \$46.40**

Bangles, regularly \$82; **REDBOOK price: \$65.60**

NIK'S NAKS

Monograms are huge for summer, and Nik's Naks has some of the cutest we've seen. Enter coupon code **REDBOOK20** at niksnaks.com for 20 percent off sitewide.

ALL OFFERS ARE VALID FROM JUNE 7, 2012, THROUGH JULY 7, 2012, OR WHILE SUPPLIES LAST. DISCOUNTS DO NOT INCLUDE TAXES OR SHIPPING, UNLESS OTHERWISE NOTED.

BEN GOLDSTEIN/STUDIO D. STYLIST: DEIDRE RODRIGUEZ FOR R.J. BENNETT.

REDBOOK NOTEBOOK

WHAT'S NEW, NOTEWORTHY & NOW

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VOTE FOR THE NAUGHTIEST PET MOMENT

Last month pet owners submitted pictures (and the funny stories behind them) of their pet's "naughtiest" moment, showing their adorable pets getting into trouble. Now through June 30 you get to vote for your favorite pet high jinks. Go to facebook.com/fetchcorporate for Fetch! Pet Care's *My Pet's Naughtiest Moment* contest and help pick the winner!

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A Lady Always Drinks Responsibly. ©2012 Skinnygirl Cocktails, Deerfield, IL; Avg. Analysis: All Products: Protein 0g, Fat 0g; Vodka with Natural Flavors (per 1.5 oz.): Calories 75.8, Carbs 0g; Cocktails (per 1.5 oz.): Calories 35.5, Carbs 1.8g; Sangria (per 5 oz.): Calories 132, Carbs 22.5g; Wine (per 5 oz.): Calories 100, Carbs 5g.



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"I never wrote a testimonial before for any sort of product. But then, I have never been impressed or happy with any of the results until now! I saw a Bio-Oil ad in a magazine and I have to admit I was totally sceptical but decided to give it a go. It has been over a month that I've been using Bio-Oil twice a day and the stretch marks on my stomach have started to look so much better! So I just wanted to let you know that this product is working for me and I will continue using it. And the price tag is an extreme plus!" Alexandria Pelletier

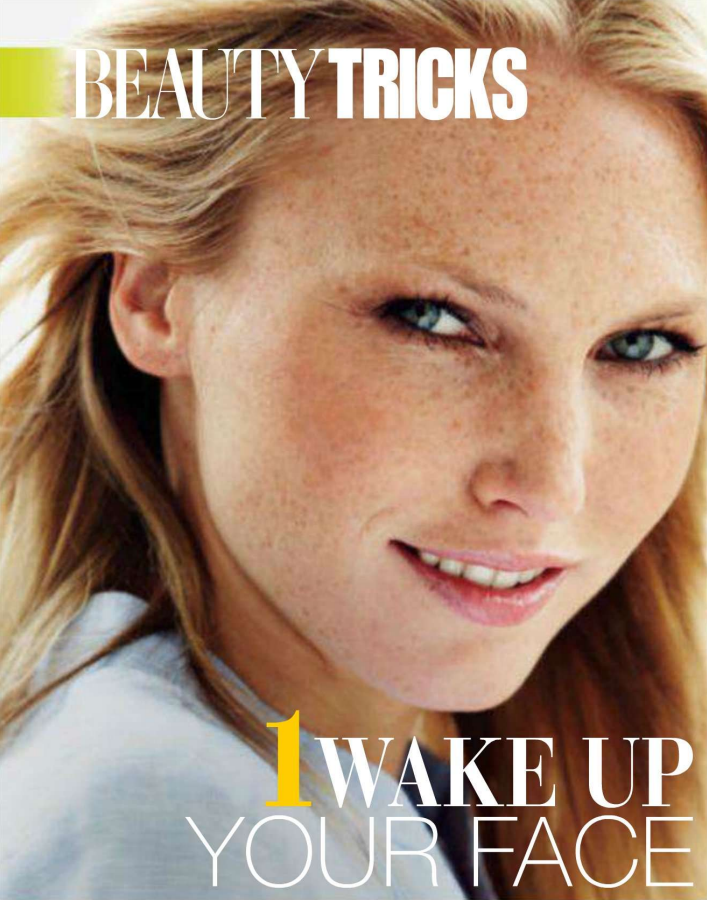
BEAUTY COACH

GET A LITTLE PRETTIER EVERY MONTH

5 TRICKS TO...

Summer-proof your makeup

You don't have to be a hot mess, even when it's ninety-something outside. Follow these pro secrets and never look shiny or smudged again. By Cristina Mueller



1 WAKE UP YOUR FACE

The lightest way to conceal dark circles, from celebrity makeup artist Gita Bass (she uses this trick on Debra Messing): Dab on a tinted eye cream (try Garnier Skin Renew Anti-Dark-Circle Roller, \$12.99, which also has caffeine to flush out puffiness), then tap on a light-reflecting translucent powder under your eyes (try Laura Mercier Secret Brightening Powder, \$22). "It's a weightless way to deflect from dark circles," she says. If you have fine lines, use a cream illuminator, like Revlon Photoready Eye Primer and Brightener, \$9.99, instead of powder. Finally, blend a cream blush on your cheekbones, angling it toward your temples. "This creates a well-rested glow," says Bass.



4 Accentuate your eyes

It's the best way to look pulled-together while wearing nearly nothing. Goodwin likes an eye-defining swoop of budge-proof liner along your top lashes. (Try Make Up For Ever Aqua Eyes pencil, \$18, which was created for synchronized swimmers!) Make the line thicker and flicked up slightly at the outer corners. Even quicker than pencil: waterproof cream shadow. "Use your finger to blend it all over your lids for a sheer, relaxed look," Bass says. Maybelline New York Eye Studio Color Tattoo Cream Gel Eyeshadow, \$6.99 (above in Painted Purple), doesn't budge—we swear.

2 GO BRIGHT AND LIGHT

If you're one of those women who feels stark naked without a bold pop of lipstick, switch to a highly pigmented, but still hydrating, stain, Bass suggests. (Try CoverGirl Outlast Lipstain, \$7.29, right.) "The color is just as intense, but you can't feel it," she says.



3 Get no-smudge lashes

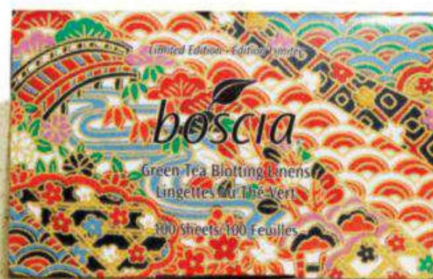
Waterproof mascara has gotten a bad rap for making lashes brittle, thanks to the ingredients that help it stay put. But new versions have built-in conditioners. Try Rimmel London The Max Volume Waterproof Mascara, \$7.19, or Anastasia Beverly Hills Lash Genius, \$21, a waterproofing top coat for any mascara. Always wipe the stuff off with a gentle remover (try Almay Moisturizing Eye Makeup Remover Pads, \$7.99), says celebrity makeup artist Rachel Goodwin, who works with Emma Stone. Then rub on an ointment like Aquaphor to keep lashes soft.



5 STOP SHINE

At some point this month, "slight dewiness" will morph into its evil twin: oil slick. To help prevent this, start your makeup routine with a primer, such as Neutrogena Shine Control Primer, \$14. "It absorbs oil, which reduces shine," says Miami-based dermatologist Fredric Brandt. If you feel bare without foundation, switch to a tinted mattifier (try Philosophy The Supernatural Poreless Primer, \$30). Touch up throughout the day with blotting papers like

Boscia Green Tea Blotting Linens, \$10 (left), instead of face powder, which can get splotchy in high humidity.





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Dating

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10 COOL FINDS FOR HAZY SUMMER DAYS



1 Inspire nuzzling This scent has a sparkling mix of citrus and jasmine, and white musk adds a dash of let's-watch-the-sunset sultry. Bulgari Mon Jasmin Noir L'Eau Exquise, \$75 for 1.7 oz.

2 Double the fun There's a bright pink creamy core in this bullet of gloss, so one swipe delivers vibrant color plus loads of shine. Clarins Instant Smooth Crystal Lip Balm in Crystal Pink, \$24.50.

3 Eternal sunshine Swirl a big brush on this DVD-size luminizer and dust it *everywhere*: cheekbones, shoulders, shins... Lancôme Bamboo Bronzer, \$46.

4 Hair rehab Stage an intervention on chlorine-ravaged strands: Apply a handful of this protein-rich treatment after shampooing, wait five minutes, then rinse and revel in the softness. It's A 10 Miracle Deep Conditioner Plus Keratin, \$20.

5 Our fave new pink The hint of lilac gives this peony color a fun, '80s edge. Essie Nail Polish in Cascade Cool, \$8.

6 Four-star body lotion Powerful moisturizers in this creamy whip (such as argan oil and shea butter) magically disappear into skin, leaving a light floral scent. Moroccanoil Body Soufflé, \$52.

7 Lips like sugar The secret to yummy smooches: a buttery balm with SPF 10 and real cranberry and raspberry extracts. Nivea A Kiss Of Berry Swirl, \$2.99.

8 Feel-good soap Can't make it to the spa? Who can, honestly? Reach for this nubby bar of soap, which works out kinks while you cleanse. Olay Soothing Cucumber Body Bar, \$3.99 for two.

9 Pretty quick Two pale gray-lavender shadows give you gorgeous eyes in a flash. Sweep the shimmery color on your lids, the matte shade in your creases, then bolt! Simply Vera Vera Wang Transforming Shadow Duo in No. 412, \$19.50.

10 A real eye-opener This dual-ended wand has a navy pencil to define eyes and a shimmery highlighter (not pictured) that actually cools the skin. Almay Wake-Up Eyeliner + Highlighter in Sapphire Splash/Iced Diamond, \$8.99.

NEW!

FRESHNESS WITH A KICK

Removes
90% of odor
causing
bacteria*

With Germ
Fighting
Strips



*Right after brushing. © 2012 Colgate-Palmolive Company

Buys that really give back

Twenty-five years ago, The Body Shop changed the beauty game when it became one of the first major companies to use fair-trade goods in its products, which helps workers in developing nations earn a living wage. The company still gets many of its ingredients via fair trade, and when you shop in their new stores—rolling out now—you'll learn exactly how your purchases help these communities. Pick up a product containing shea butter, which the company gets from Ghana, and you'll see info posted next to it about the 10 schools and three medical centers that have been built there. Even cooler? Customers can help control the next move: When you buy the DragonFruit Lip Butter (near right), \$6, which raises money for three charities, you can choose which one you'd like to support. Now *that's* what we call a feel-good purchase. —KAYLEIGH DONAHUE



Model Lily Cole is The Body Shop's first-ever global brand advocate.



From left: DragonFruit Lip Butter, \$6 (available July 30); Limited Edition Mini Hi-Shine Lip Treatment in Go Play, \$5; both by The Body Shop.

RAZOR road test

Why do women steal men's razors? Because they're the secret weapon against stubble, with sharper blades and more of them. Now, two new women's models, from Gillette and Schick, are taking on the big boys. Each has five blades and a lubricated head for a close shave even *without* shaving cream. We tested them against a leading men's razor, skipping cream. The moisture bars on the Gillette model sudsed up well but were clunky to maneuver. The Schick model, which has serum built into the head, was easier to handle but lathered less. Still, both left our skin so silky that we didn't need lotion afterward. It's official, fellas: We've moved on. —K.D.



From left: Gillette Venus & Olay Razor, \$10.99; Schick Hydro Silk Razor, \$9.99.

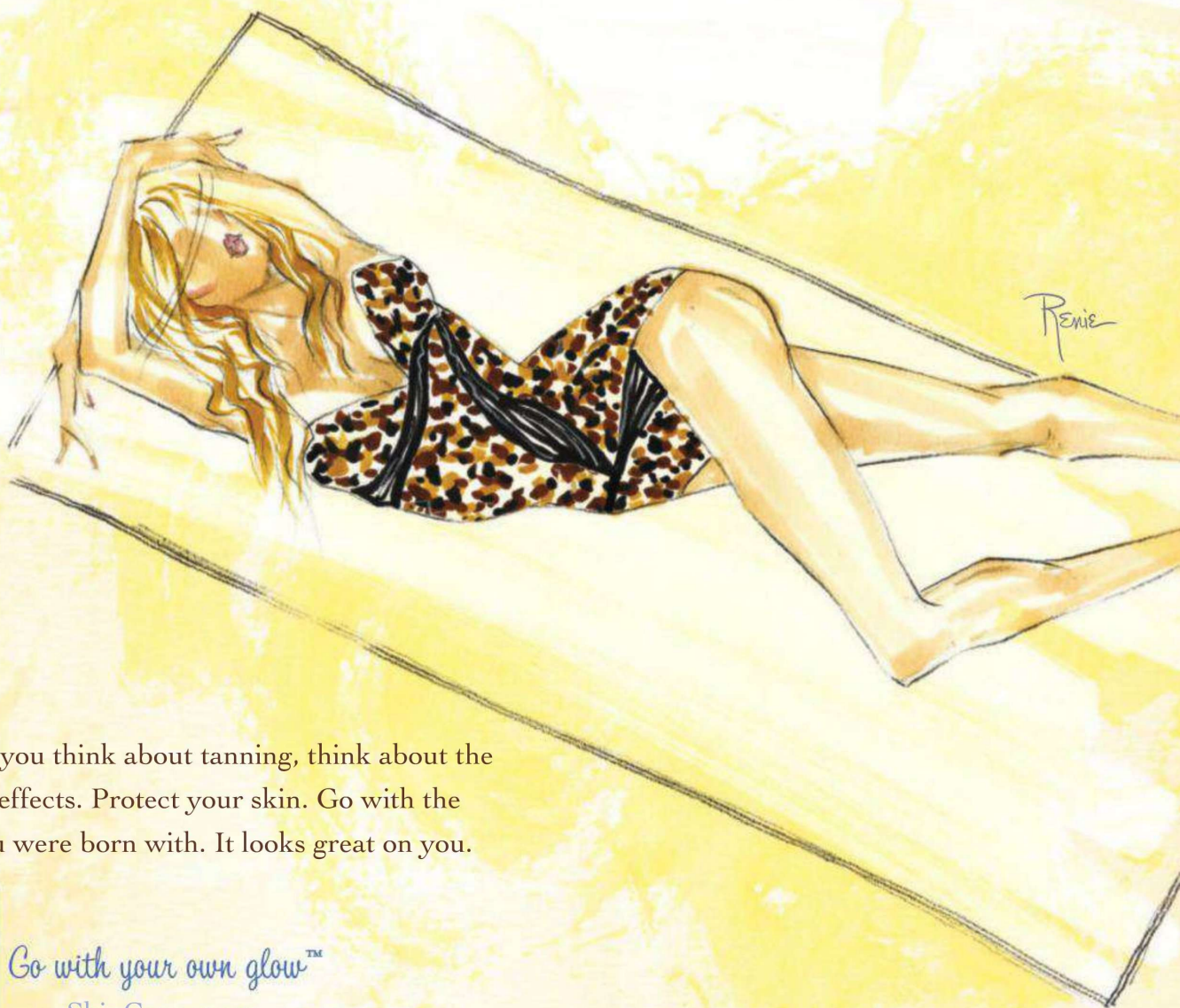
BEAUTY BOOTY!

Birchbox.com is a beauty-haul-of-the-month club that sends you four or more deluxe-size samples from high-end brands such as Nars, Kiehl's, and Kérastase. You pay \$10 a month (or \$110 a year) and fill out an online profile so the loot suits your particular needs. Rate the goodies as you try 'em to customize future deliveries. And posting comments earns you credits for future purchases, so speak up! —KRISTA BENNETT DEMAIO

Score a one-on-one beauty makeover with Saks Fifth Avenue and REDBOOK beauty director Victoria Kirby!

We're offering 20-minute private appointments on Thursday, August 16, from 12 to 7 p.m. at Saks's flagship in New York City. Session are \$30, and all proceeds benefit the Look Good, Feel Better program for women undergoing cancer treatment. Call 866-395-LOOK (5665) to sign up now.

*Keep tanning.
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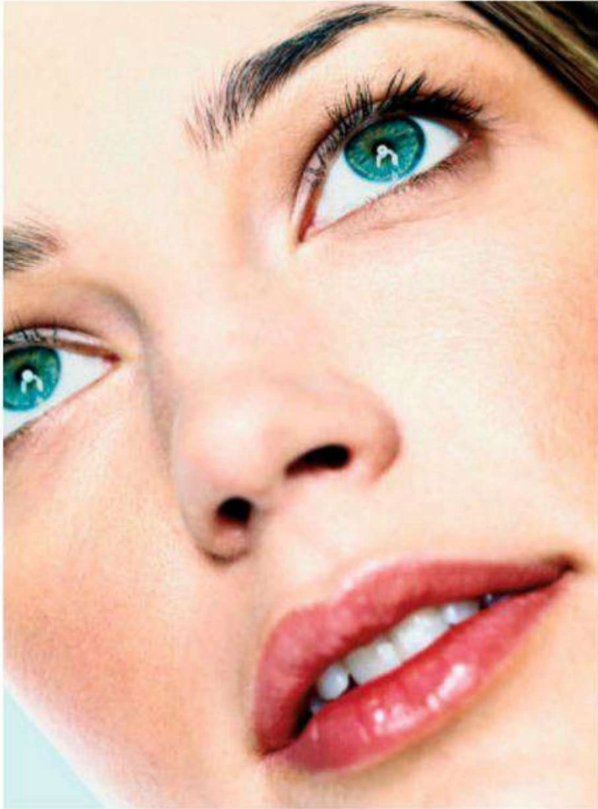
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Your plan for younger-looking eyes

They're the first place signs of aging show up, but these strategies will smooth, brighten, and de-puff you. Eye lift—what's that? By Theresa O'Rourke

7 YEARS YOUNGER

Use an eye cream, already!

"Patients ask me, 'Do I really need one?' and I tell them, 'Absolutely,'" says Patricia Wexler, M.D., an associate clinical professor of dermatology at Mount Sinai School of Medicine in New York City. Here's why: "Eye creams are ophthalmologist-tested, so they're formulated specifically for the thin skin in this area," she says. Use a formula that contains retinol or peptides, which kick-start collagen production, thereby fading lines, thickening the skin (so under-eye circles don't look as dark), and firming it to reduce puffiness. "Look for one that also has strong antioxidants like vitamin C, vitamin E, or idebenone," Wexler says. These block free-radical damage from the sun and pollution, which causes wrinkles and dark circles. (Try RoC Multi Correxion Eye Treatment with MMPi-20, \$24.99, or Patricia Wexler M.D. Dermatology Intensive Retinol Eye Treatment with MMPi-20, \$35.)

Apply the right amount

Eye creams contain high concentrations of rich moisturizers, so if you slather them on, all the extra emollients

plump the skin and can actually make puffiness worse. (The irony!) "Use a pea-size drop for each eye, and lightly pat it on with your ring finger, which has the gentlest touch," says Kavita Mariwalla, M.D., an assistant professor of dermatology at the State University of New York, Stony Brook.

Don't skimp on SPF

"Many women skip sunscreen around their eyes because it can migrate into them and sting," says Wexler, a stickler for SPF 30 or higher. "But if you apply it 30 minutes before you leave the house, it'll get fully absorbed, so even if you sweat or tear up from the wind, it won't move." For a faster fix, try a stick sunscreen (we like Kiehl's Ultra Moisturizing Eye Stick SPF 30, \$20). Then slip on some shades, which act as extra armor against UV damage. Opt for wraparound styles, and make sure the label says that they block 100 percent of UVA/UVB rays.

Never rub or scrub

Treat the tender skin around your eyes as you would your nicest lingerie—when cleansing, think "delicate cycle." Take off makeup with an oil-based remover (Wexler likes Lancôme Bi-Facil Makeup Remover, \$26), which dissolves color without tugging, and *don't* scrub with a washcloth. Same

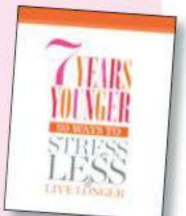
goes for rubbing your eyes when you're tired, says dermatologist Wendy Roberts, M.D., the founding director of the dermatopathology section at Loma Linda University Medical Center in California. "This roughs up skin's capillaries and can lead to dark circles or make existing ones worse."

Get your eyes checked

"You'd be surprised how many patients I send to the eye doctor," says Ranella Hirsch, M.D., a clinical assistant professor of dermatology at Boston University School of Medicine. "They come in worried about fine lines around their eyes, which are often caused by a vision problem that's making them squint." In that case, your first step is to get glasses or contact lenses. "Once you stop all that squinting, you can keep the wrinkles from getting worse," says Hirsch. ❸

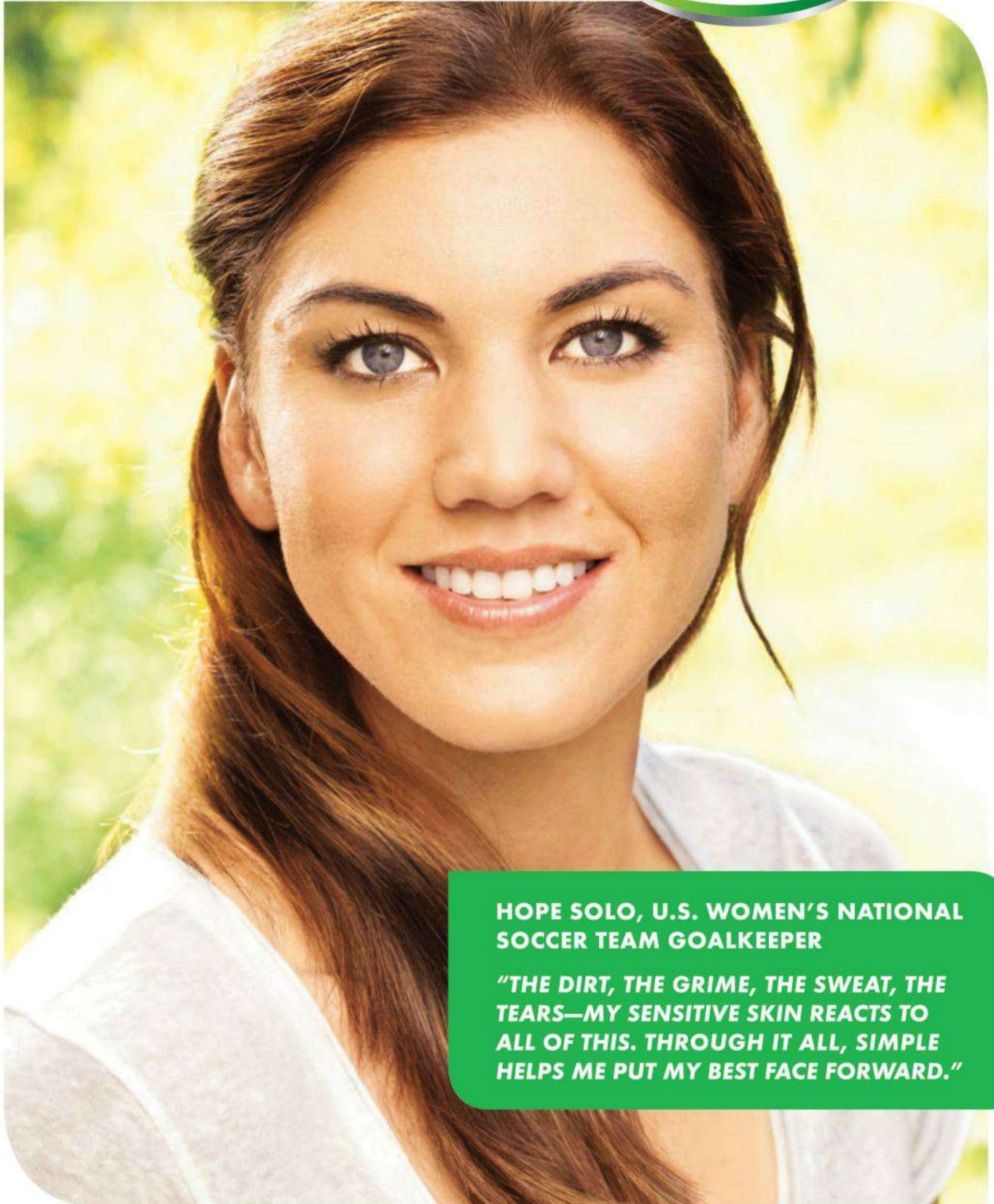
WHY 7 YEARS YOUNGER?

Because science shows that if you do all you can—smart skin care, healthy diet, regular exercise, low stress—you can turn back the clock about seven years. Check out this free



downloadable booklet, *50 Ways to Stress Less & Live Longer*, at 7yearsyounger.com/stressless.

My skin is sensitive. My skincare is simple.



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SOCCER TEAM GOALKEEPER**

**"THE DIRT, THE GRIME, THE SWEAT, THE
TEARS—MY SENSITIVE SKIN REACTS TO
ALL OF THIS. THROUGH IT ALL, SIMPLE
HELPS ME PUT MY BEST FACE FORWARD."**

Peek into my life

EATING TO WIN

When traveling for games, the team and I will bring along a blender so we can make soy protein shakes. Off the field, I'll indulge every now and then, but I still try to keep a healthy balance by adding in **FRESH VEGGIES**.



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"FAVORITE PIZZA
TOPPING—FRESH BABY
TOMATOES. THEY'RE THE BEST."

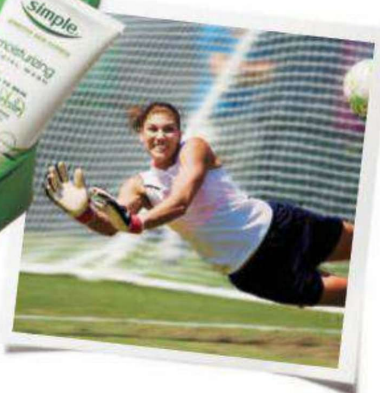
DREAMING BIG

When I was in fifth grade, I dreamed about becoming a professional soccer player—even before there was a national women's team. That's why I always sign autographs with "**DREAM BIG**"—to remind myself and others that anything is possible with hard work and dedication.



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"WOKE UP FEELING
BLESSED. FILLED
WITH THANKS TO BE ABLE
TO PLAY THE GAME I LOVE,
TRAVEL THE WORLD AND
LIVE LIFE TO THE FULLEST."

Enter to win a trip to
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KEEPING IT "LIGHT"

I travel a lot for work. I could be in a humid city one day and a dry one the next. My skin never knows how to react! To keep it **MOISTURIZED WITHOUT FEELING GREASY**, I turn to Simple Hydrating Light Moisturizer. It always gives me the right amount of moisture, no matter the climate.

REACHING FOR GOLD

Playing Japan after the tsunami in the 2011 World Cup **CHANGED MY LIFE**. I have so much respect for the Japanese team and how they played. It really taught me about playing for a bigger purpose. I'm taking that attitude with me to London this summer.

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"I JUST TOUCHED
DOWN IN JAPAN.
I'M LOOKING FORWARD
TO OUR GOODWILL
MEDAL TOUR & TO
SEEING THE WORLD
WITH HUMBLER EYES."



KEEPING IT CLEAN

As an athlete, I sweat a lot, so I am constantly washing my face. I love using Simple Moisturizing Facial Wash because it **CLEANS MY SKIN WITHOUT MAKING IT FEEL TIGHT**.

My Simple Favorites

These are the three products
I always keep with me.

Smoothing Facial Scrub
"I love the smoothing facial scrub because it leaves my skin feeling smooth without breaking out."

Cleansing Facial Wipes

"I keep these in my shoe bag. I take one out, wipe my face after practice and take off all the dirt, grime and sweat and leave my sensitive skin feeling refreshed. It's instant relief post-training."

Revitalizing Eye Roll-on

"I'm addicted to this! It moisturizes the underside of your eye. For me, it's like morning coffee; it just brightens me right up."

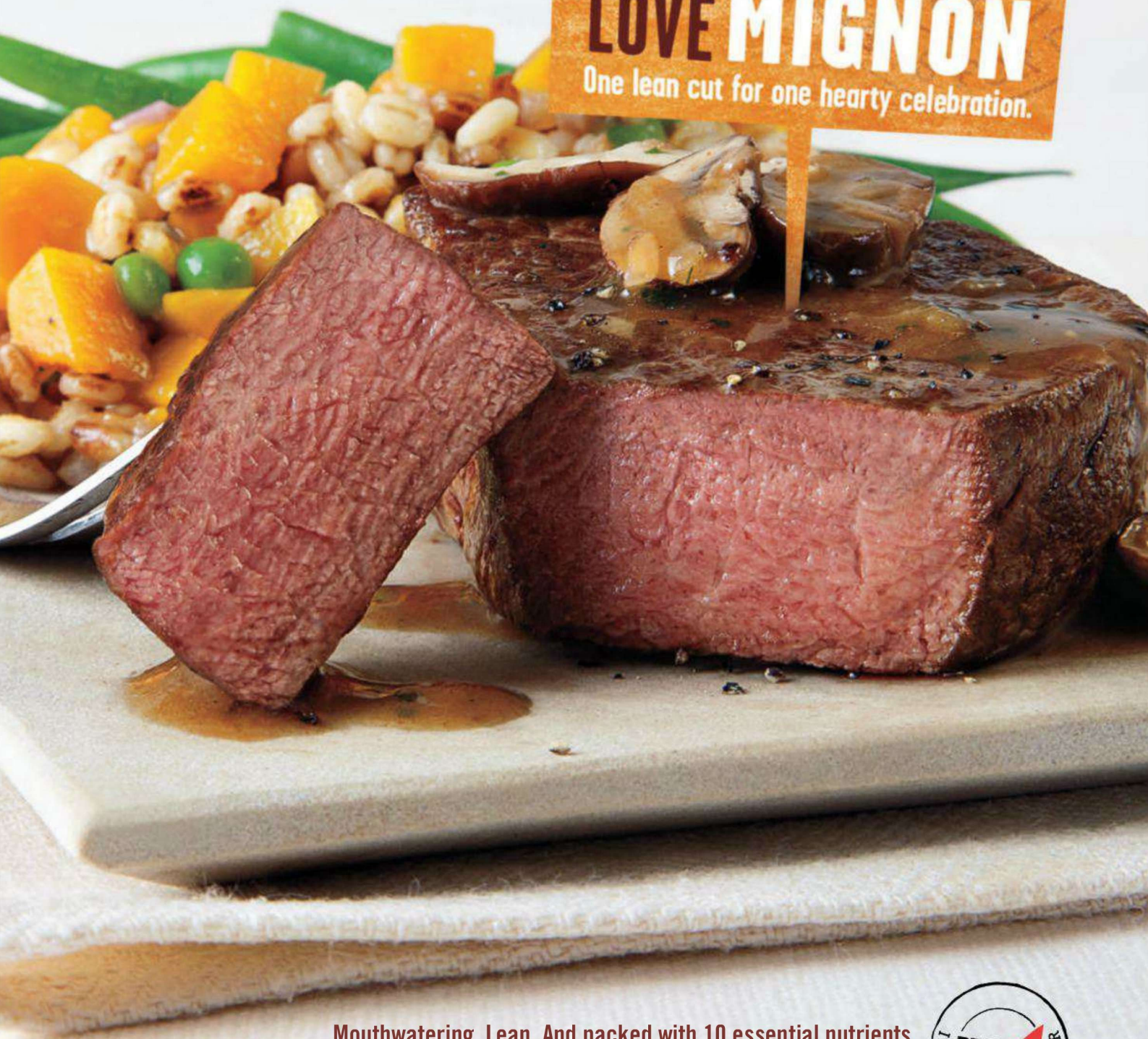


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HEALTHY YOU

NEWS TO MAKE YOU FEEL BETTER, ALMOST INSTANTLY



Ah, the fantasy of leaving your desk for lunch. Make it real.

Be healthier & happier at work

Refill your coffee mug. There's a reason you've never heard this expression: *Time flies when you're... at the office.* But coffee—even just the smell of it—helps. Scientists at the Smell & Taste Treatment and Research Foundation of Chicago found that inhaling a coffee scent made time seem like it was zipping by roughly 14 percent more quickly than it actually was. "Coffee is a stimulant associated with productivity and alertness," says neurologist and foundation director Alan Hirsch, M.D. So it could help you focus on your tasks, not the clock.

Make a lunch date with mama nature. To slash stress during the workday, spend your summer lunch hours in a tree-lined neighborhood park. "Forest bathing," as Qing Li, M.D., a professor at the Nippon Medical School in Tokyo, calls it, has been shown to increase immune function by reducing stress and increasing levels of your body's natural killer cells that defend against viruses. No summer colds!

Just stand up. Desk jobs—they're dangerous. Too much sitting has been linked with an increased risk of heart disease, diabetes, obesity, and mortality, notes Lucas Carr, Ph.D., an assistant professor of health and human physiology at the University of Iowa in Iowa City. Use an e-alert like the one at workrave.org to prompt you to get off your duff at least once every 60 minutes, Carr says. Regular movement boosts your metabolism and increases HDL (healthy cholesterol).

Hit happy hour. Working late all the time could be a mental health hazard: New research by the Finnish Institute of Occupational Health tracked a group of workers in Britain over several years and found that regularly spending more than 11 hours a day on the job doubled the employees' chances of a major depressive episode. Need help getting out the door? Make after-work plans—and don't cancel them. Tell the boss it's doctor's orders. —MARIEL GOODSON



Eat—and drink—
happier by aiming
for variety.

Get a new grocery list!

If you're eating the same thing day after day, listen up: You could be undermining your health.

Arsenic in apple juice! Fungicide in O.J.! Chemicals in Gulf coast shrimp! The list of frightening things turning up in our food gets longer every day. But instead of freaking out about every scare story on the news, just don't "mono-eat," advises dietitian Ashley Koff, author of *Mom Energy*. While the stories you may have heard about fungicide and arsenic in orange and apple juice and chemicals in Gulf coast shrimp are technically true, the fact is you'd need to consume a lot of the items, and regularly, to put your health at risk, Koff says. That *could* happen if you mono-eat—say, having the same breakfast or lunch six or seven days a week. "But if you include a variety of healthy foods and drinks in your diet, you

can relax about these so-called risky foods because you won't be having them often." There is one group that *can't* avoid mono-eating: bottle-fed babies, whose entire diet consists of formula. So parents who hear about toxins in formula should read up and shop accordingly, says Kieve Nachman, Ph.D., an environmental health scientist at the Johns Hopkins Center for a Livable Future. One recent Dartmouth University study, for example, found that organic formulas sweetened with brown rice syrup contained concerning amounts of arsenic. "With children, even the small exposures matter and can raise disease risk over time," he says. If your formula contains the ingredient, Nachman suggests switching brands. —MADONNA BEHEN



These (real) signs on the streets of NYC get the message across!

PLS DON'T TXT & X THE ST

You've heard about the hazards of driving while texting or talking on a cell phone. But distracted *walking* can also be dangerous. Researchers at Stony Brook University in New York report that texting or chatting on a mobile phone causes you to walk slower and veer off course. That's a safety issue while you cross an intersection, because deviating even a little bit from your path can be dangerous, the researchers say. Walking and fumbling with your phone compete for your brain's attention, so you're less likely to notice cars, people, even lampposts. Moral of the story? Resist the urge to dash off one more text as you walk across the street. —M.B.



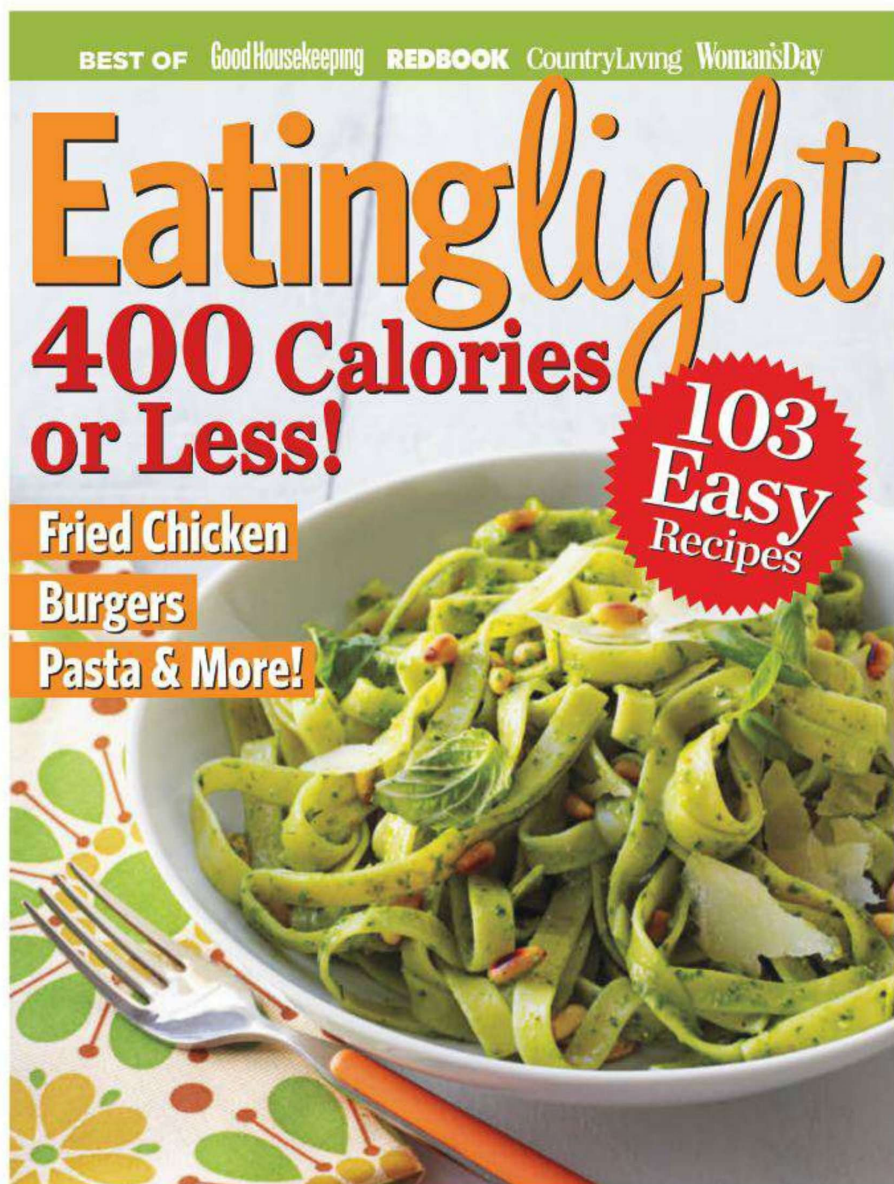
What fries a man's brain cells

If your guy is one of the nearly 24 million men who still smoke—and the threat of lung cancer, emphysema, and other diseases hasn't been enough to get him to stop—here's another incentive. Men who light up show a faster decline in memory, vocabulary, reasoning, and verbal skills compared with nonsmokers, equal to about 10 years of aging, says a recent study in the *Archives of General Psychiatry*. On the brighter side, the "dumbing" effect disappeared within a decade if they quit. So encourage your guy to get off cigs already. A combination of nicotine replacements, such as gum and counseling (like from the quit line 1-800-QUIT-NOW), has been shown to be the most effective way to ditch the cancer sticks successfully. —M.B.

CLOCKWISE FROM TOP LEFT: OJO IMAGES/PAUL BRADBURY/GETTY IMAGES, YAGI STUDIO/GETTY IMAGES, JAYSHELLS.COM.

ON NEWSSTANDS NOW

Slim Down For Summer!



Get in shape for the season with the latest issue of *Eating Light*—recipes from *Good Housekeeping*, *Redbook*, *Country Living*, and *Woman's Day* with no more than 400 calories. You'll find skinny takes on all your favorite foods for breakfast, lunch, and dinner—even dessert!

Plus tips on how to:

- * **Remake** your fridge so that you'll automatically reach for foods to help you lose.
- * **Revamp** your diet with 16 easy substitutions that could mean losing 30 pounds this year!
- * **Resist** menu temptation when you eat out or order in.

Yes, you can have sticky buns, taco salad, pizza, nachos, and much, much more and still look great. Find out how in the latest issue of *Eating Light*!

Get this special edition for only \$9.99

Pick up a copy at your supermarket or bookstore today, or buy a digital version at Zinio.com or Nook.bn.com



NATALIE COLE LIVE IN CONCERT

I never feel more alive than when I'm performing. Being diagnosed with chronic hepatitis C was quite a shock. Since singing is my life, I decided to take action. I met with my doctors and we talked about my options. Now I'm back on stage and using my voice to help spread the word — if you have chronic hepatitis C, doing nothing is not an option.

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WWW.TUNEINTOHEPC.COM**





THE BETTER-THAN-NOTHING WORKOUT EASIEST ARM TONER EVER

The more time you spend sitting (at work, on the couch, in your car), the more likely your body is to be soft and squishy. Not the look you were going for? Sneak in some toning with this easy move from Tanya Becker, cofounder of workout mecca Physique 57; it works magic on your triceps.

A Sit up straight in a chair with your feet flat, and hold a water bottle or another heavy object (the

heavier the better) in both hands, arms extended overhead, as shown.

B Slowly lower your hands behind your head, bending your elbows about 90 degrees, keeping them by your ears. Then lift your hands back up to the starting position. For some bonus ab toning, think about drawing your rib cage in, instead of letting it splay out. Do 15 reps; repeat three times.

HOW TO BURN 2 MILLION CALORIES



Fun, furry fact: Adopting a dog is a great way to lose weight. Dog owners walk almost 24,000 miles during their pet's life, a recent study found. That's about 916 marathons—which could add up to 2 million calories burned. "For some people, walking their dog is the *only* exercise they get," says weight-loss specialist Richard Kelley, M.D., "and they're still able to drop pounds." —KAREN ASP

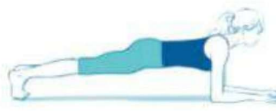
3 yoga moves that make you **less** grumpy

Yoga may be the most effective OTC happy pill around: Aside from slashing stress, it also boosts your levels of gamma aminobutyric acid, a chemical linked to improved mood. Feeling crabby? Try these simple poses from Sheri Celentano, co-creative director of Laughing Lotus Yoga Center in New York City.



Downward-facing dog

Start on all fours with your hands under your shoulders, palms pressing evenly into the floor. Tuck your toes under and lift your knees off the floor as you straighten your legs, as shown. Hold for three to five breaths.



Forearm plank

Start on all fours, then lower onto your forearms and slowly step your feet out behind you, as shown, and tuck your tailbone slightly. (If this is too difficult, drop to your knees.) Pull your abs in tight, and hold for three to five breaths.



Legs up the wall

Get yourself into this position with a folded blanket under your butt and lower back, as shown. Hang out here for up to 10 minutes, or whatever you have time for. Then breathe a happy sigh of relief! —K.A.



Sex ed for women like you, who (almost) know it all, by ob/gyn Hilda Hutcherson, M.D.

Hilda Hutcherson, M.D., is an ob/gyn and a professor at Columbia University in New York City. Email her at askhilda@redbookmag.com.



Q *Should I wear a panty liner every day just to feel fresh?*

A No! Wearing a liner on days when discharge is heaviest, typically right before or during ovulation, is fine, but I wouldn't suggest doing it daily. Liners have a plastic adhesive backing that traps moisture, increasing your risk of bacterial or yeast infections. And don't even think about leaving the same panty liner on all day—that's another recipe for an infection. Your safest bet is just to wear cotton undies that let the area breathe. If your discharge is so heavy that you can't go without a liner every day, that could mean you *already* have an infection and you should see your ob/gyn.

CASE HISTORY

THE "LAST-MINUTE" BIRTH

Let me get a little personal here: I've given birth to four children, and each time, my labor lasted between 12 and 36 hours. So even I am amazed when I hear a "surprise" delivery story on the news. You might recall the woman who recently delivered her baby on a commuter train? Well, one of my patients gave birth in a courtyard, while her neighbors watched from their windows! Another patient gave birth in the car because she waited until she felt the urge to push before leaving home. Waiting for that feeling to hit is waiting too long. In both cases, I met my patients at the hospital right after their

deliveries and everything was fine, except for a few minor vaginal tears which could've been prevented if I'd been there to help. So why *do* women delay the ride to the hospital? I often hear them say they don't want to schlep there only to find out that they aren't far enough along and get sent home. My advice is to call your ob/gyn to plan your departure time once your contractions are about five minutes apart. If it's not your first child, call your doctor when your contractions are 8 to 10 minutes apart, as things can happen a lot faster the second (or third, or fourth) time around.

Q *I've heard that the birth control pill I'm on can cause more blood clots than other pills. Should I be worried?*

A Probably not. It's true that newer birth control pills such as Yaz and Yasmin that contain drospirenone, a synthetic version of progesterone, have a slightly higher risk of blood clots than older pills. But it's important to note that the risk is still very low. The odds of experiencing a blood clot due to pregnancy, for example, are higher. I tell my patients this: It takes a while to find a birth control pill that works for you, so if you've found it, my advice would be to stick with it. Yes, there are other contraceptive options that would drop your blood-clot risk, but every woman's body reacts differently to each method of birth control, and switching could lead to other concerns or adverse effects. Still, if you take Yaz or Yasmin, it's important to practice good health habits that don't *further* increase your chance of blood clots. That means not smoking, not letting yourself get dehydrated, and staying active, to aid circulation.



BEFORE



AFTER

Name: LINDA **Age:** 71 Actual client. No retouching.

Patient had facial-firming, eye-firming and neck-firming procedures. Las Vegas, NV center.

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6

ways to snack yourself skinny

We'll tell you exactly what—and when—to eat so you shrink your appetite, stoke your metabolism, and lose weight, easy. By Jessica Girdwain

If you're looking to shed a few pounds, you've probably vowed to give up snacking. After all, isn't that the secret of French women—who, we're told every five minutes, *don't* get fat? "When people are trying to lose weight, eating between meals is one of the first things they cut from their diet—but this is a big mistake," says *The Biggest Loser* nutritionist and registered dietitian Rachel Beller. Why? "Studies show that people who eat more frequently throughout the day weigh less than those who don't eat as often," explains Mark Hyman, M.D., an expert in nutritional medicine. Eating regularly keeps blood-sugar and energy levels steady, controls hunger, and prevents you from attacking the vending-machine Cheetos like a raccoon in the night. Plus, "when your body is busy burning the right food for fuel all day, your metabolism increases and you burn more calories," Hyman says. Besides the weight benefits, snackers tend to have a more

nutritious diet than three-squares types, a recent study found—possibly because they have more opportunities to sneak in servings of fruits and whole grains.

All that said, there are a few key rules to follow. "Snacking and grazing are *not* the same thing—if you pick all day, and choose the wrong foods, you're likely to gain weight, not lose," says Beller. Read on for your simple, blessedly un-French snack strategy.

RULE #1: ALWAYS HAVE AN AFTERNOON NIBBLE

You don't need a scientist to tell you that eating lunch at noon and dinner at 7 means you're going to be ravenous when you walk through your front door at night. "If you're running on empty when you get to the dinner table, it's easy to rationalize that you can eat whatever you want," Beller cautions. Not only that, but your food-starved body almost propels you into a binge. That's why the afternoon snack (around 3 or 4 p.m.) is a must, she

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The perfect fiber-and-protein combo A whole-grain cracker with a Laughing Cow cheese wedge and cucumbers will keep you full.

says. That rule applies even when you're going out for a big meal. "It's tempting to 'save' your calories if you know you're having dinner at your favorite Italian restaurant," says Melina Jampolis, M.D., an internist who specializes in nutrition for weight loss and disease prevention. "But if you do, you'll be famished and eat too much too quickly." Snacking on something high-volume and low-calorie, like a fruit or veggie, before a rich meal can actually help you *cut*

calories. One study from Pennsylvania State University found that people who munched an apple 15 minutes before a meal ate 187 fewer calories later on.

As for a.m. snacks, if there's less than three or four hours between your breakfast and lunch, you probably don't need to have a mid-morning bite, Beller says: "This is one time of day when a lot of people eat out of habit, not hunger." Chances are, your desire for one of your cubemate's carrot-cake muffins (isn't it time she got a new job already?) has nothing to do with an empty stomach. If you really can't hold out till lunch, have something small, like a piece of fruit or sliced veggies, Beller suggests.

RULE #2: HAVE DESSERT OR A BEDTIME SNACK, NOT BOTH

"After dinner, you need to ask yourself: Do I want a small dessert or a snack before bed?" says Beller. "Pick one or the other, and make it your smallest treat of the day—no more than 120 calories." That's a low-fat fudge bar, a yogurt, or a square or two of dark chocolate. This is also the strategy that requires a dose of self-awareness: If you know that no matter what, you're the type who finds herself with her head in the refrigerator an hour before bed, looking for a "little something," then plan to have *that* nibble and pass on dessert.

RULE #3: GO FOR PROTEIN PLUS FIBER

Snacks that include some lean protein or healthy fats (like hummus or nuts) and some fiber (like baby carrots or whole-grain crackers) are ideal. Protein and fat trigger the release of hormones in the gut that keep you feeling satisfied for hours after you've stopped noshing. Protein also puts the brakes on the body's insulin pump—and high levels of insulin can lead to more tummy fat, not less. As for fiber,

it slows digestion, also key for feeling full. Adds Jampolis: Many high-fiber carbs, like fresh fruit, veggies, and oatmeal, are water-rich, which means you get to eat a bigger serving for fewer calories than you would if you chose junky carbs like cookies and chips. Those things are pretty much devoid of fiber, and they cram lots of calories into tiny, nutrient-scant portions. Eleven smart combos you can put into your snack rotation right now:

- a hard-boiled egg with a half cup of grapes
- a savory parfait made with two tablespoons of low-fat cottage cheese; a quarter of an avocado, pitted and sliced; and a tablespoon of raisins
- a packet of instant unsweetened oatmeal with cinnamon and chopped nuts
- hollowed-out zucchini halves topped with guacamole
- a low-fat Greek yogurt with a cup of your favorite berries
- a cup of baby carrots with two tablespoons of hummus
- Pure Bars (or another bar with 200 calories or fewer and at least 3 grams of fiber and 6 grams of protein)
- a cup of steamed in-the-pod edamame
- a half cup of high-fiber cereal with skim milk
- a 100-calorie pack of almonds and a kiwi
- a handful of whole-wheat crackers (like nutritionist-fave Wasa) topped with a Laughing Cow cheese wedge and cucumbers

RULE #4: SNACKS SHOULD BE 200 CALORIES OR LESS

A sane snack is between 100 and 150 calories in the morning and 150 and 200 calories in the afternoon. "I cringe when my patients tell me they had a 'handful' of nuts—they could easily be downing 300 calories, a small meal!" says Jampolis. For the record, nuts are terrific, because of their protein and healthy fats, but 150 calories equals just 21 almonds or 16 cashews. So if you're measuring by the handful, borrow a small child's palm. It's smart to portion out your servings of nuts—or anything else, really—*before* taking your first bite, or it's easy for the carton to become a trough. Research shows that we eat more out of bigger bags or boxes of snack foods because we don't know when to stop.

RULE #5: PACK A SNACK!

When you're on the go and start to feel hungry, the smells wafting from Dunkin' Donuts will lure you right in. And, sadly, a

Zucchini boats Yes, guac can be a smart snack! Just keep it to two or three tablespoons, and scoop it with veggies instead of deep-fried chips.



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HEALTH READ



1 Tbsp of P.B.
(actual size)

Important peanut butter visual!

This actual-size blob is the amount of peanut butter you should eat as a snack. Along with a small apple, it has protein, fat, and fiber, making it ideal—as long as you can stick to 1 level tablespoon. “It’s one snack food that really gets my clients into trouble: By scooping out way too much, licking the spoon, and going back in for another nibble, you could be eating much more than you think,” says dietitian Rachel Beller. But now you know better.

doughnut is not a snack. Since resistance is almost futile when you’re famished, stash some healthful options, like turkey jerky, nuts, oranges, and apples, in your handbag and your office drawers.

RULE #6: DON'T S.W.D. (SNACK WHILE DISTRACTED)

We’ve all heard the advice of not eating our meals on the run, but we’ve come to think of snacking as something we’re permitted to do while we’re engaged in something else, our experts say. Ideally, snack time should be a small break in your day. In fact, chowing while catching up on Netflix could cause you to misjudge how much you ate, according to research in the journal *Applied Cognitive Psychology*. So instead of watching TV, answering emails, or listening

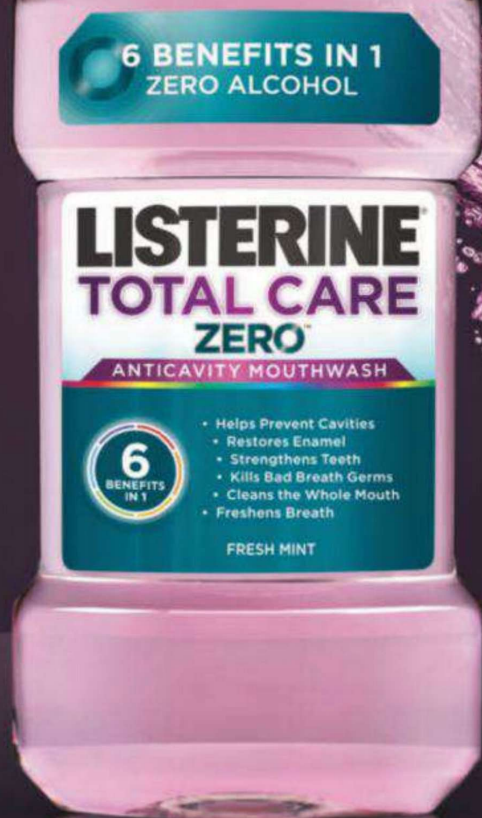
to a conference call while you snack, chat with someone, or just Zen out—and while you’re at it, try eating with your nondominant hand. One study from the University of Southern California in Los Angeles found that doing so forced people to slow down and focus on what they were eating, so they ate about 13 percent less. Another way to prevent snack amnesia is to choose foods that take effort to eat. Beller’s a fan of in-shell pistachios over the pre-shelled kind: One study found that when empty shells were left on the table, people ate 35 percent fewer calories, because the shell prevents you from plowing through the nuts and leaves evidence of what you just ate. Likewise for edamame and peelable fruit like tangerines. Now quit reading and go get a snack! ®

What smart snacking *isn't*: Finishing the bar nuts ● Picking a Tater Tot off your kid’s plate ● Sneaking 15 tastes of what you’re making for dinner while cooking ● Taking bites of ice cream out of the container at half-hour intervals all day ● Attacking the bread basket



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MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS

Date night done right

"At least we left home" should never be your date-night postmortem. Especially when shaking things up is so easy, thanks to these hot, sweet, fun, cheap, enchanted-summer-evening ideas.

First... a few ground rules from the hilarious blogger Heather Cocks of gofugyourself.com.

● **Don't fall down the Facebook foxhole.** Leave your cell in the car and enjoy a meal, and some *real* face time, by the glow of candlelight, not a screen.

● **Let the babysitter earn her money.** Once, my husband and I accidentally got home before our kids were asleep. Spending an hour confiscating makeshift golf clubs and hunting for broken glass erased the whole point of taking the night off.

● **Call a one-night cease-fire.** "I need you to clean the gutters!" is a real mood-killer. Put a cork in relationship drama—it'll keep.

● **Don't expect perfection.** On our first date night after our twins were born, we popped a tire, waited in curl-wilting heat for a cab, and gobbled dinner through a thin layer of sweat. Romance? Not much, unless you count sitting in the tow-truck driver's lap. But we just laughed—sometimes bedlam itself can be fun.

Spark the romance... with these 11 formulas for sizzling chemistry

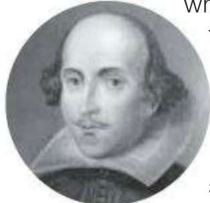


1 The local driving range + a few beers + a racy wager = the sporty version of foreplay.

2 Veggies, steak, and shrimp + a Sur La Table grilling class = the insta-bond of mastering something new together. Visit surlatable.com for schedules and locations nationwide.

3 A deck of cards + a hot night + strip poker = a whole new meaning for Texas hold 'em.

4 Shakespeare in the park – the overbearing teacher = a romance inspired by language like this: “For where thou art, there is the world itself ... And where thou art not, desolation.” Check out shakespearefellowship.org/linksfestivals.htm for summer dates in your area.



5 A roomy backseat + a drive-in movie = an old-fashioned makeout session. Search drive-ins.com for retro theaters around the country.

6 A pair of heels + a pitcher of sangria + salsa-dancing lessons on YouTube = a night of hilarious dirty mambo.

7 A hankering for grilled cheese. Or dumplings. Or BBQ... + a food truck = a very cool tasting menu. Download an app like Roaming Hunger on your phone to see where your city's best trucks are parked.

8 A gorgeous sunset + those almost-too-short cutoffs he loves on you = a hike that'll *really* get his heart racing. Try trails.com to find nearby paths.

9 Hot dogs + minor league baseball, where teams play for the love of the game, not a bajillion dollars = the perfect all-American evening. Check out milb.com to find a team near you.

10 Binoculars + your local waterfront + a meteor shower = stargazing like you've never done before. There are showers anticipated for July 28 and 29, as well as August 12 and 13.

11 July 14 + two Kir Royales + a blanket in the park = a sexy Bastille Day. It's France's independence day, a.k.a. the one day “*Voulez-vous coucher avec moi?*” won't sound cheesy.

For even more great inspiration, go to redbookmag.com/datenightideas.

AND 5 BRILLIANT IDEAS FROM REAL COUPLES

12 “We take our goofy inflatable kayak out on the creek near our house at sunset. Thirty minutes of lazy paddling is disproportionately rewarded with gorgeous views. A little wine in a mason jar and it's a perfect night.” —DAN UPHAM, 31, married to VIRGINIA for 3 years

13 “Every summer, we go fly-fishing together. It sounds weird, but I love just standing next to him in my waders.” —GAIL LEICHT, 48, married to LEONARD for 7 years

14 “We go blueberry, strawberry, and raspberry picking, and we come home with about 50 pounds of berries. We still have some in the freezer from two years ago, but I can't wait for this year's crop!” —GLORIA W., 35, dating LINCOLN for 7 years



15 “Our weekly date night is taking a walk to Rita's Italian Ice. When we met, Sara was working there, so it's special for us. Plus it's cheap and we get to enjoy the weather and each other's company.” —JASON MORGENROTH, 27, married to SARA for 2 years

16 “We cook a big meal for our friends. Then, after dinner, we turn up the music, pour drinks—and pull out the hula hoops! It's a riot.” —ERIKA MERCADO, 31, married to BRYAN for 1 year

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3 dress-to-thrill looks



THE COOL MAMA

Give your khakis a break and slide into animal-print pants, a comfy tee, and hot heels. It's very on-trend and will have heads turning. (Trust us, men like that!)

Jay-Z and Beyoncé

THE LOW-KEY KNOCKOUT

Nail that easy-sexy vibe in a silky romantic tank and slim white jeans.



Eddie Cibrian and LeAnn Rimes



THE FLIRTY GIRL

A fun cardigan with a swingy skirt and pretty flat sandals is casual and feminine, and will take you just about anywhere.

Diane Kruger and Joshua Jackson

ALL HAIL THE MOVIE DATE!

BY MARISA FOX AND LORI BERGER

'Cause sometimes, all you're craving is a dark theater, some really cold air-conditioning, and a sexy-sweet flick that puts you in the mood. These 6 movies are worth shelling out for a sitter.



SEEKING A FRIEND FOR THE END OF THE WORLD

What would you do if the world was almost kaput? For Steve Carell in this dark comedy, it's about finding an old flame before the big flameout. (Opens June 22)



ROCK OF AGES

If '80s power ballads and hair-band anthems are your guilty pleasure, you'll love this kitschy musical romp that proves that good date-night movies don't always have sappy sound tracks. (Opens June 15)



HYSTERIA

Girl meets toy in this offbeat romance about the invention of the vibrator. Hugh Dancy plays a doctor who specializes in female satisfaction. Husbands, take notes. (Opens June 15)



BEL AMI

Canopied beds and heaving bosoms are the real stars of this period piece in which a scheming social climber, played by Robert Pattinson, sleeps his way through Belle Époque Paris. (Opens June 8)



PEOPLE LIKE US

Family dramas aren't usually sexy, but that's just one of the twists in this tale of a guy who finds love and a sister he never knew he had. You'll adore your guy even more for being uncomplicated. (Opens June 29)



TAKE THIS WALTZ

An emotional affair may not seem like the best date-night topic, but remember the hot payoff of 2002's *Unfaithful*? The 2012 version is this charmer. See it, then quietly renew your vows. (Opens June 29)

Dinner and a movie—on us! Enter to win gift cards from Olive Garden, Red Lobster, and Fandango at redbookmag.com/freebies. See page 154 for details.

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'Scuze us, Dwayne, can we just... get... something... off your... hot, *hot* shoulder?

Dwayne Johnson softens us up

Behind The Rock's massive pecs lurks a whole lotta mush. The star of *G.I. Joe: Retaliation* talks being a homebody (and, yes, a hardbody).

DWAYNE AT A GLANCE

Tune that gets him pumped:



"EYE OF THE TIGER"
"Anytime I hear it, it brings out the Rocky in me."

Secretly scared of:



SPIDERS
"I hate them. I don't know anyone who likes them!"

Childhood talent:



FILTHY STAND-UP
"When I was 8, I would memorize Richard Pryor routines and recite these really dirty monologues."

Did you play with G.I. Joes when you were little?
I did. They were my favorites. I also loved my *Star Wars* action figures, and they would all intermingle.

That's funny: My Barbies and my brother's G.I. Joes also did a lot of intermingling.

Ha! You know, that kind of happened with my Joes and my Princess Leias too.

Did you always want to be an action figure?

When I was a kid, I loved Elvis, and Harrison Ford as Indiana Jones. But I had no connection to Hollywood—and being a movie star was such a far-fetched idea, growing up in Hawaii.

What do you look for in a film?

Number one, there has to be heart, whether it's a family movie or an action film. And there generally is a sense of loss—something about the family is fractured. I think it comes from my own life. I was brought up as an only child, and we were very close. But when I was 14, we got evicted. We came home to a padlock, and I looked up at my mom and she was crying, and there was nothing to do. I remember thinking, *This can never happen again*. The men I idolized built their bodies and became somebody—like Sylvester Stallone and Arnold Schwarzenegger—and I thought, *That can be me*. So I started working out. The funny thing is I didn't realize back then that I was having a defining moment.

And now you have your own family.

[My daughter] Simone is 10 now, and I can appreciate so much, as I get older, how powerful

and special a relationship between a daddy and a little girl is. The responsibility is awesome, because it's going to affect how she relates to all the men in her life.

Talk about pressure! How are you going to be when she starts dating?

I'm going to be cool and mature and open—yeah, right! That will all go out the window when the time comes. I don't know how I'm going to be. What I can find comfort in is our relationship. Things aren't always rosy; we've gone through a divorce, and navigated our way to a much better place. I'd like to think she and I are going to have a great bond, so that she'll comfortably bring over a young man—who will have to sit in front of me and answer *all* my questions.

I pity the poor guy. Speaking of dates, what's your idea of the perfect evening?

I'm very low-key. I don't really blend in, so it's difficult to go out in public. I like to do things that are kind of quiet, whether it's a dinner at my house or a restaurant, or a movie night at home.

You're known for your chest wiggle. Is that something you do to impress the ladies?

Let me correct you: It's called a pec pop. Any man can make his chest wiggle, but this requires muscle control. I've done it on multiple occasions for a multitude of women, but never to impress them—only to make them laugh.

And when does that go down on a date?

Probably after my fourth shot of tequila!

—MARISA FOX

Weird ways men unwind

Hobbies are male mood stabilizers, and you don't want him to miss a dose, says Aaron Traister, who spends his spare time... trash picking.



REDBOOK
columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at redbookmag.com/whysguy.

I'm a man of many interests. My primary responsibilities are writing and parenting, but in my free time, I garden, run, and trash pick (find old furniture and fix it up). I'm a regular Renaissance man, and not just because I've exposed myself to the plague while rooting through junk heaps. I have an activity for every increment of "me time," no matter how brief. Men of my generation are more involved at home than our dads or grandfathers ever were, so between juggling families and work, we live for downtime. And you know what? Husband hobbies, from the lazy to the crazy, can make a wife's life better too. Stop laughing and let me explain: They're a direct connection to our youthful ambitions, and a way to expel pent-up energy, vent our annoyances, and reassert our independence so *you* don't have to deal with all that crap. Also, they make us happy. Who wouldn't prefer to live with a contented guy versus a stressed-out mess? Maybe you'll see your husband's favorite escape in this list. If not, I hope you'll gain some insight into his love of taxidermy.

Physically exhausting hobbies.

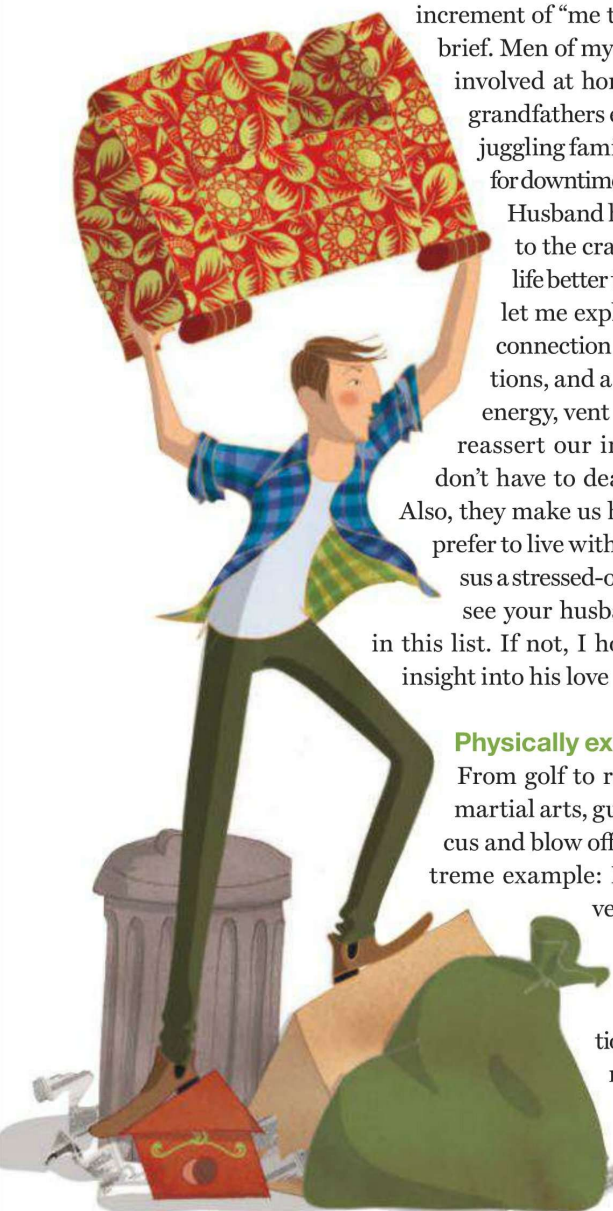
From golf to road biking to mixed martial arts, guys use sports to refocus and blow off steam. Here's an extreme example: My buddy Robert is very into trail running.

He does these Tough Mudder and Ugly Mudder competitions where participants run through—you guessed it—rough, muddy terrain. Robert takes his hobby

so seriously that he runs trails in the deep woods at night wearing a tiny headlamp. I recently joined him on one of his sojourns. I came home with a bruised rib (which I can't really complain about, because if I hadn't hit the boulder at top speed, I would've veered off the path and fallen 20 feet into the shallow river below) and a foot full of glass (when you run through piles of invisible glass in the dark, it's bound to cut through the sole of your shoe and into your flesh). My theory is that the amount of stress in your daily life dictates the intensity of your workout. If your guy's like me and has fairly pedestrian work and child-care worries, a jog around the neighborhood is all he probably needs to lower his blood pressure, level his mood, and get you to like him again. If your husband's an investment banker who lost a few million dollars after lunch today, maybe he needs to run on broken glass in the dark. I guess Robert's dog-grooming salon is more demanding than I realized.

Über-productive hobbies. By these I mean things like woodworking, automotive repair, and the stuff James Cameron does when he isn't making blockbuster movies, like helping to clean up the 2010 Gulf oil spill or plunging seven miles into the sea to collect new data for scientific institutions. His hobby is exploring the ocean for the betterment of all mankind. I'm not sure I could build anything seaworthy with my \$50 "fun budget," but I do have a garden hose. Seriously, gardening is a husband hobby that, like big-budget oceanography, is totally productive. When I'm out there, it doesn't matter how long I'm gone or how filthy I am when I come inside—my wife, Karel, knows our kids are going to get fresh vegetables and that we'll save money. (I also have a vague feeling that growing our own veggies is good for the environment, but I have no real way to prove that; I mean, I'm not James Cameron.) My point is, these kinds of hobbies hit the perfect trifecta of being relaxing, budget-friendly, and helpful. You're welcome, ladies!

Mind-numbing time sucks. As far as I'm concerned, video games are an excuse not to put on pants or get off the couch for an entire weekend, which is a bad thing,





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and fantasy sports are an excuse to argue 24/7 about who knows more about sports. These are the only hobbies that don't really benefit you wives out there, which is why I was extra-curious to talk to dudes who are deeply committed to them. The gamers tried to sell me on the idea that video games encourage creative problem solving, escapism, and (a real stretch) "art appreciation." The fantasy sports guys went on and on about friendly competition, reconnecting with old buddies and making new ones, and being more deeply invested in the game. That last bit is a bald-faced lie, since I see dudes at the stadium bar during Eagles games watching stats on their phones instead of the game they're attending. But whatever, I'm not judging. My takeaway is that these are purely hedonistic, slothful, selfish pursuits—all of which makes me suspect I'm missing out on something.

Hobbies so bizarre they get turned into TV shows. These include hunting ghosts, competing in food-eating contests, and bidding on sealed storage lockers. I happen to be addicted to *American Pickers*, the History Channel show about trash pickers. I like to believe it's a productive hobby (I've unearthed some

pretty awesome stuff, like a pre-1910 Mission rocker), but because you literally have to hurdle over beat-up Arts and Crafts furniture to get through my office right now, it falls into the ridiculous

Video games are an **excuse** not to put on pants or get off the couch for an entire weekend.

category. (Karel describes it as playing Russian roulette with bedbugs.) Regardless, it turns the world into one big treasure hunt for the best stuff: I'm racing against scrap-metal guys, friends who run vintage shops, and now, everyone else who has ever watched *American Pickers*. I'm like the Indiana Jones

of garbage, and that makes life more fun. And Karel may complain about my junking, but she gets very tight-lipped when it comes to the pieces she likes—because there's no way an Art Deco oak chair that fits so perfectly in our living room could have bedbugs.

And there you have it: the joy and wonder of the husband hobby. The payoff for you—a mellower, healthier partner—might not be so obvious, but for us guys, who are washing dishes, changing diapers, sitting in traffic, and going to work, they're vital, except for video games, which are a total waste of time and wussy to boot. You don't even need a tetanus shot or stitches after playing them! **R**

Straight answer from the Whys Guy

Dear Whys Guy: Why do I have to repeat something five times before my husband responds? Here's what makes it even more frustrating: The first four times, I say it in a normal voice. By the fifth, I'm yelling. So then he accuses me of yelling all the time! —Cindy, MI

Here's the deal: Men aren't wired to be great multitaskers, and that includes listening while doing just about anything else. Plus, Karel often chooses really awful times to bring stuff up: I won't hear a single word about getting our kid signed up for kindergarten if I'm in the middle of installing an air conditioner. I need to focus! If you want us to listen on the first attempt, catch us at a moment when we look at peace with the world—and the TV isn't on. Last, I will admit that I sometimes don't listen just to annoy Karel. Obnoxious? Indeed. Pointless? Probably. But it's also kinda funny to watch the steam come out of her ears.

Need help decoding male behavior? Email your questions to redbook@hearst.com (subject: Whys Guy). Letters may be edited for clarity and length.



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Soleil Moon Frye, who's the author of *Happy Chaos*, at home.

When I became a mom to my two beautiful daughters, Poet, 6, and Jagger, 4, I saw other women who looked like they really had this grown-up thing down. All around me, they would open their strollers with a flick of the wrist, not a hint of spit-up on their clothes or baby vomit in their hair. I stared at them in complete awe, wondering if there was a secret manual I had somehow missed. That's when I turned to Twitter and Facebook, and found a whole group of people who felt just as clueless as I did—and the more I talked, the more they opened up about their own messy moments. I found comfort in documenting the “happy chaos” on my website, moonfrye.com, where I post about the worry, uncertainty, joy, and excitement of everyday life for thousands of women who, in turn, share what they know with me. I’m excited to pass on some collective wisdom. Got a problem? Let’s work it out—together.

Meet Soleil!

Why do you recognize our new advice columnist, Soleil Moon Frye? Because she played TV’s lovable Punky Brewster—but she also grew up to be an author and an online powerhouse. Now, 1.4 million followers tune in to this sage entrepreneur, wife, mom, and friend on Twitter. She’ll be here every month, ready to tackle *your* awkward situations with smart guidance, always judgment-free.

My stepkid is a nightmare

I truly care about my 16-year-old stepdaughter, but she’s driving me crazy. Since I married her father three years ago, she has become increasingly rude and disrespectful to my children and me. When I ask her to stop, she’ll say, “You’re not in charge of me.” I’m at my wit’s end, because she’s failing in school, experimenting with teenage things, and lying about everything. What can I do to keep myself sane, and my children from having to observe this behavior? —A.H., 34, FLORIDA

I can only imagine how frustrating this must be for you. But I also think back to how hard being a teenager is. On top of trying to figure out her identity, your stepdaughter is probably still finding her place in your new family. Friends of mine who have gone through this say that the biggest mistake a stepmom can make is trying to act like the child’s mother instead of being more of a trusted adult friend. Letting her know that you get how tough these changes have been on her can go a long way. My girlfriends say that carving out some one-on-one time with their stepkids, doing stuff they like, has helped. Once you’re able to connect with her on a level that matters to *her*, things will start to turn around. The more she feels understood by you, the more she’ll feel loved—and that’s exactly what she needs. ►



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How do I tell him he's the father?

I was with a “bad boy” in high school—he was my first love. The relationship was rocky, so when I found out I was pregnant, my mom pressured me to break up with him and tell him he wasn't the father of our son. He was hurt by my “infidelity” and cut me out of his life. Now, 10 years later, I can't stop feeling guilty. Should I tell him? —S.G., 28, COLORADO

I threw this one out to my online community, and here's how their opinion broke down: 85 percent say tell, 4 percent say don't, and 11 percent were on the fence. I'm with the ones who think coming clean is the way to go. Your ex has the right to know he has a child, and your son deserves the opportunity to know about his father. Think about how much you've changed since your teens—your ex may have been a “bad boy” then, but there's no way of knowing what kind of guy he is now. It's not going to be easy, and you should consider consulting a lawyer about what could happen if he asks for visitation or custody. As you're learning, big family secrets almost always come back to bite you, and if you don't tell, you could end up ruining your relationship with your son when he's old enough to find out the truth about his father.

Sick of the office mean girls

I work with a group of women who really hate another colleague I'll call Sue. To be fair, Sue *has* backstabbed all of them, but so far I get along with her. My coworkers are trying to turn me against her, but I refuse to eat, laugh, and share stories of my life with them and blatantly exclude Sue. That's so high school. What should I do? —M.C., 41, FLORIDA

Isn't it crazy when we find ourselves in situations that make us feel like we're 16 again? I've learned that some people—no matter how old they get—feel better about themselves when they're bringing others down. But like you, I always want to see the best in people, so here's what I'd do: The next time you find yourself in a Sue-bashing session, pipe up with a straightforward, “I hear you, but she's always been friendly to me.” If they keep at it, tell the team they should pull Sue aside to talk about their issues with her, resolve them, and move on. That way, the workplace can become a happier, less gossipy environment for all of you. I think an after-work ladies' night is in order, and *you* could be the one to bring everyone together.

Talk to Soleil Send questions about your complicated friend, family, marriage, or work situations to soleil@redbookmag.com and include your initials, age, and state, or tweet us @redbookmag with the hashtag #Soleil. Questions may be edited for clarity and length.

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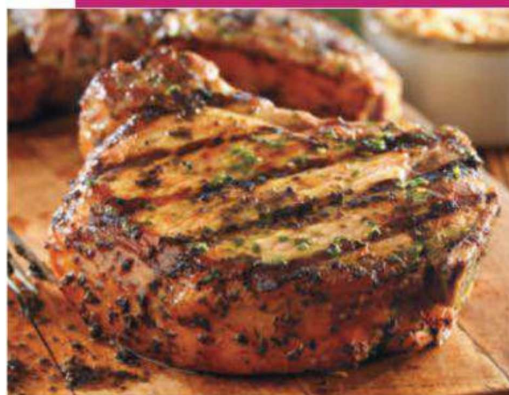
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Grilled Pork Chops with Basil-Garlic Rub

Prep Time: 20 to 30 minutes

Cook Time: 10 to 12 minutes

INGREDIENTS

- 4 pork bone-in rib chops, 3/4-in. thick
- 2 garlic cloves, peeled
- 1 c. fresh basil leaves, packed
- 2 tbsp. fresh lemon juice
- 2 tbsp. extra-virgin olive oil
- 1 tsp. coarse salt
- 1/2 tsp. freshly ground black pepper

DIRECTIONS

With machine running, drop garlic through feed tube of food processor to mince. Stop, add fresh basil, and process until chopped. Add lemon juice, oil, salt and pepper; process to make thin, wet rub. Spread both sides of pork chops with basil mixture. Let stand 15 to 30 minutes.

Prepare medium-hot fire in grill. Brush grate clean and oil the grate. Grill chops over direct heat, turning once, to medium-rare doneness, 5 to 6 minutes per side, or until internal temperature reaches 145°F, followed by 3-minute rest.

Serves 4

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Apartners: What you can learn from the happily divorced

By Louisa Kamps and Jihan Thompson

On a recent Sunday morning, 10-year-old Kaia woke up in the mood for crepes, something her mom, Alison, makes like a pro. So Alison whipped up the egg batter while Kaia's dad, Wes, pulled out the frying pans. Big brothers Oliver and Noah sliced strawberries and tracked down whipped cream. "The kids love when we do family breakfasts," says Alison, 42. "On the weekends, we form an assembly line so everyone can pick their toppings." The kitchen of their Minnesota home is large and comfy. On the wall is a calendar that tracks soccer practices and doctors' appointments. Tacked up next to it is another schedule, one with alternating weeks labeled "Mom" and "Dad." It's a custody chart.

To say that Alison and Wes are still close seven years post-divorce is a laughable understatement. In 2010, they scrapped their separate living arrangements and moved

back in together with their children, Noah, 15, Oliver, 13, and Kaia. The whole brood now shares a rambling old Victorian that Wes, 43, a carpenter, gut-renovated to accommodate everyone—including Alison's partner of five years, Shari. The parents say the screenplay-worthy move came after seeing the tailspin effect their split had on the kids. "They never seemed to find a peaceful place, moving back and forth between our two houses and keeping up with two sets of stuff and two sets of friends," says Alison.

This type of living situation, in which exes share or rotate through a single home that their children stay in full-time, is called "nesting." As kooky as it may sound, Margaret Klaw, a Philadelphia divorce attorney who's been in practice for 25 years, says it's on the rise: "I wouldn't have seen this even 10 years ago, but now more couples try it, sometimes just for a year or two during transition." Rob Crane, M.D., an



“Nobody is saying divorce is easy, but seeing our children happy became more important than hanging on to our own grudges.”

associate professor of family medicine at Ohio State University who nested with his ex and their daughter, explains the motivation: “Allowing kids to stay put in their house instead of uprooting them every couple days can minimize the psychological injury of divorce and give a sense of normalcy at home.” His arrangement attracted so much interest from friends and strangers that Crane started a website, kidsstay.org, where those considering it can get more info.

Nesting is obviously not an option for everyone; it could prove disastrous in a split that involves violence, for example. But it’s one of the many new ways that exes with children are becoming better and happier “apartners.” Exes who are not only amicable but loving are part of a divorce revolution, along with mediation and collaborative divorce (in which both parties hire lawyers but agree to keep it out of court). “It’s the beginning of a nationwide change of thought that divorce has to be a confrontational thing,” says Richard

she was dating. I could tell she was pulled apart, not knowing if she should tell me,” he recalls. “Finally, she let it out. That’s when I realized I had a choice: to close off, or say, ‘Oh, that’s awesome!’ And that’s what I did. I couldn’t stay tied up in despising Alison anymore. After I let go, living together didn’t seem so crazy.”

When Alison and Wes first brought up the idea of moving back into one home, their children worried that they would fight as often as they did during the death throes of their 10-year marriage. Alison admits they still know how to push each other’s buttons, but now they make a real effort to acknowledge when they slip up and criticize each other unfairly—as they do from time to time, being human and all. “We’re not avoiding conflict; instead, we’re dealing with it differently,” she says. Their son Noah says the turnaround in his parents’ relationship borders on miraculous: “It’s hard to believe. Almost right away I noticed that the fighting had died down. It seemed like heaven.”

The new communal custody

Making things easier on the kids is, of course, the most powerful incentive for ex-spouses to keep turbulence to a minimum. Numerous studies have shown that having combative parents increases children’s emotional volatility and aggressiveness. The general rule in the mental health field, says John W. Jacobs, M.D., a clinical associate professor of psychiatry at New York University, is that the worse the conflict between parents—whether they are married *or* divorced—the more difficult it will be for their children to form close relationships later in life. To protect their kids from this potentially nasty fallout, some exes are working hard, if not *harder*, at their relationship after the marriage is over.

Linda Kietzer, 50, got divorced 11 years ago and now lives only a half mile from her ex, Jonathan, whom she meets frequently for dinner to catch up on their two children’s lives. Yet she says she still runs into people who expect her to bad-mouth him, because they just can’t picture a split that is anything less than bitter. “We’re fiercely loyal to each other,” she says. “I shut down any negativity immediately.” Milwaukee-based family therapist Holly Hughes Stoner says she’s seeing more couples like Linda and Jonathan, who are really trying to find some common ground. “The more parents can say, ‘We’re still a united front’—with a lot of focus on the *we*—the better,” she says.

“This idea of a dad pulling up in a woodie station wagon to take the kids every other weekend while the mom can’t even look at him is really not what I’m experiencing as my reality,” says Magda Pecsénye, 39, who with her ex-husband, Doug French, created the candid divorce blog *When the Flames Go Up*. Magda and Doug aren’t the first exes to blog about divorce, but doing it *together*? That’s what made



Guess who’s coming to breakfast?

Mornings include mom, dad, and mom’s live-in partner. And what do you know? It works.

Kulerski, a Chicago-based lawyer who now specializes in friendlier tactics after 40 years on the battlefield of divorce.

Even in these happier splits, tensions are high at first. Alison, who now teaches co-parenting classes with Wes at a local community center, says, “When Wes and I first broke up, we couldn’t be in the same *room* without our mediator. Gradually, we found a way to relate by focusing on what was best for our children.” Their setup isn’t without its critics, who tell Alison that she’s “messing up” her kids. She says divorce equals hatred to these people because that’s all they’ve ever seen. “It only takes one parent—even if the other is out there getting a restraining order—to say they’re willing to work together. Rarely do partners get to that point at the same time, so you have to be patient.”

The key moment for Wes, whose own parents divorced when he was young, was the Sunday evening when he asked Kaia how the weekend had gone with her mom. “It was clear she had done something fun with Alison and someone



▲ CANDIE: ▲ AMANI'S STEPMOM

▲ AMANI, 17

▲ AMY: AMANI'S MOM

She calls them both "Mom" Candie and Amy are really friends—and true co-parents to Amy's daughter, Amani.

them such a novelty when they popped up in the blogosphere in 2010. One of the things their readers appreciate most, says Doug, 46, is that they write so honestly about the challenges of true 50-50 custody. After coming across a sweet note that Magda had slipped into their 9-year-old's math textbook, Doug posted: "As it turns out, you can... create something that is, though not ideal, eminently livable: the situation when you're glad she's no longer your wife, but you're also glad she'll always be [your kids'] mom."

The Huffington Post picked up on this new, open conversation and in 2010 launched an entire section devoted to working through divorce. "Obviously people don't get divorced because they're happy with each other. Nobody is saying this is easy," says the site's founder, Arianna Huffington, whose marriage to former California congressman Michael Huffington ended in the late '90s. In the years just after their breakup, it took "real effort," Arianna says, for them to meet face-to-face, but she knew how important it was to her two daughters that she and her ex-husband come together without seismic eruptions of animosity. Now the exes take regular family vacations. "The pleasure of being with our children and seeing them happy became more important than hanging on to our own grudges," she says.

Pushing the boundaries

Fifteen years ago there were few alternatives to filing papers, says Kulerski, the collaborative divorce attorney. Mediation is an increasingly popular, less abrasive—and less expensive—option. "A divorce that goes to court can cost more than \$25,000," he says. "People are fed up with spending more on their divorces than they did on their weddings." Kenny Smith and Geri Donenberg chose mediation when they split, saying it was better financially *and* emotionally. "There wasn't a lot of bitterness, but there was a considerable amount of pain and guilt," recalls Geri, who says that her frequent work trips caused conflict at home. At the suggestion of the mediator overseeing their divorce, she and Kenny sat down to write letters to each of their children—Emilia, now 13, and Sean, now 18—describing the lives they'd like their children to have in 10 years. "My daughter asked, 'Will we still do things as a family?' And in my letter to her, I promised her we always would," Geri says.

They kept that promise with joint outings to Sean's track meets and annual Hanukkah celebrations at Geri's. Last

fall, Kenny and the kids joined Geri and her new husband (also named Kenny, which makes them all laugh) on a trip to Los Angeles for a nephew's bar mitzvah. "This was the first time we'd traveled together since we split," says Kenny. "I can't call Geri's husband and me close, but, you know, I really *like* him." Kenny says the trip solidified for him that he and his ex had done the right thing. "When Geri and I were withering in couples therapy, we knew it would be better for the kids if we met other people who made us happier," he says now, choking back tears. "It was an insanely hard decision, but it worked—the kids have *two* happy homes."

An alliance between an ex and the new partner was once the stuff of *Desperate Housewives* plots; now it's a common factor in many real-life splits. In fact, Amy Elliott, 38, considers Candie, her ex's new wife, a friend and almost a second mom to her daughter, Amani. For Amani's sweet 16 last year, Amy and Candie, 35, took Amani and four of her friends to St. Louis for a weekend celebration, with the mom and stepmom sharing one room while the girls crashed in another. Amani, who calls both Amy and Candie "Mom," says the trip was "the greatest ever. Some of my friends with divorced parents say, 'You're really lucky to have that. I wish my family got along that well.' And it's true—I am lucky. My mom and dad were friends first, and they're friends now."

Amani sounds truly content, doesn't she? In the end, finding an outcome that's best for the kids is what Thellen Levy, a San Francisco-based attorney who's been in practice for 33 years, wants for all her clients. "Having been in the litigation trenches, I used to get sick to my stomach representing clients who were making horribly devastating decisions that would affect their kids," says Levy, who now works only with exes willing to stay out of court. "There were no winners, just losers. But when divorcing couples have the right kind of support, they *can* put their kids at the center of all this—without putting them in the middle." 11

Meet the travel buddies

Kenny says vacationing with his ex-wife's new husband is surprisingly comfortable.



▲ MEG: KENNY'S WIFE

▲ KENNY: DAD

▲ SEAN, 18

▲ EMILIA, 13

▲ GERI: MOM

▲ KENNY: GERI'S HUSBAND

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A mother's intuition: Christy (here with daughter Willa) asked her family to give up a lot for her dream—and now her products are in Target stores across the country.

What would you risk to start your own business?

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"I uprooted my whole family for this."

The inspiration for Christy Prunier's tween skin-care line, Willa, came in the form of a simple—and kind of whiny—

bath-time question from her then-8-year-old older daughter. "Mommy, why do I have to use Julia's *baby* soap?" Willa asked. "Isn't there anything for girls my age?"

"I thought it was a great question," says Christy, 43. "But all I turned up when I looked was the made-in-China pink junk that wouldn't do her skin any good." Christy began talking to anyone and everyone about her idea to make products of her own, and eventually got connected with a dermatologist who could help formulate her body washes and lotions. Another networking

bull's-eye: "I met a woman who sold her apparel line at Target, and she introduced me to her buyer."

The big-box retailer agreed to sell the Willa line in 300 of its stores. That was, of course, if Christy could meet their order demands. The pressure was on. She teamed up with a local beauty laboratory, but every test run and ingredient tweak cost money, which her company wasn't making yet. So last year, Christy and her husband realized they could free up a lot of cash fast by moving from New York City to a cheaper place in Connecticut, and transferring the kids from private to public school. She agonized over it, feeling guilty that she was forcing her family to overhaul their lives for an idea that could flop. "It took a lot to get my game face on to sell my kids on a new town and a new school," she admits. "I know they miss their friends."

With so much on the line, she still works from her kitchen table to keep costs down. "It's not a big deal to take meetings at Starbucks," laughs Christy, who says that facing such high stakes only motivates her to make sure the brand, which went on sale in March, succeeds. It helps that the most important girls in her life—Willa and Julia, now 12 and 6—love the company too. "They get excited about seeing it in stores, knowing they played a big part in getting us there," Christy says. "And Willa's happy she doesn't have to use her baby sister's soap anymore!"



From setbacks to success: Michele's website makes legal help affordable.

"I had to beg and barter to get started."

For years after she quit practicing law to become a stay-at-home mom, Michele Colucci says, she would field questions from family and friends in legal trouble. Then a lightbulb went off: Why not create a website where people could search for lawyers to answer their questions or take on cases without upfront fees? She'd make her money by only charging clients if they won, and would help

people in the process: "Too many people get screwed in court because they can't afford good representation," she says. But right when she began interviewing web designers in 2008, the economy tanked, her husband filed for divorce, and "I went from living in a million-dollar home to struggling to pay the rent on a run-down place for my three boys and me," says Michele, 47. Still, her messy divorce-court battle underscored how in-demand a site like hers would be, so without any tech skills and little money to hire someone, she got scrappy and used the sites programmingbids.com and jobnob.com to search for affordable talent. "I found people who were eager to work just for the résumé experience," she says. "I was able to design the site for a few hundred dollars." Meanwhile, she was roughing it at home. "I'd turn off the heat whenever the boys went to stay with their dad. I couldn't let *them* be cold, of course, but when I was on my own, I'd tough it out." She also relied on message boards like the Freecycle Network and Craigslist to get necessities, including office furniture, for free or on the cheap. "Every trade-off I made was worth it," she says. In four years she's

"Did I know what I was doing? Absolutely not! It was a mixture of **passion** and **insanity** that got me going, and still keeps me going to this day."

raised almost \$1 million in investment capital for mylawsuit.com, and the site has attracted more than a hundred lawyers as clients. "When you have three little mouths to feed, failure is not an option," says Michele.

"I was forced to buy my groceries on credit."

When Leah Brown watched her favorite uncle die of AIDS in 1987, she was angry, grieving, and desperately motivated to join the fight against the disease that had ravaged him. But how? The answer didn't come until nearly a decade



Never give up: After a rocky start, Leah's biz is making millions.

later, when she found herself divorced and downsized from her job as a health-care consulting exec. She finally had the time, and a little extra money from her severance package, to start a company that could help sick people in underserved communities. She called it A10 Clinical Solutions, and her goal was to get hired by drug companies and research centers to handle all the behind-the-scenes details that come with running clinical trials for diseases like AIDS and diabetes, which disproportionately affect minorities. Leah's old job provided her with plenty of connections to doctors who could help. "But did I know what I was doing? Absolutely not!" she says. "It was a mixture of passion and insanity that got me going."

Leah remembers being laughed out of several banks when she went asking for a small-business loan, so she decided to take out a \$150,000 home-equity loan on the house she shared with her young sons, then 12 and 9—a move that scared her silly: "If I couldn't pay it back, we'd lose the roof over our heads," Leah, 48, says. "But I had to take the chance." And she wasn't just hiring employees with borrowed money; without an income, she had to use the loan to pay her personal bills. "I worried constantly about going bankrupt," she admits. Accordingly, she ran the business and her personal life on a shoestring budget. "When a girlfriend said she was donating clothes to the Salvation Army, I said, 'Right now, I'm your Salvation Army!'" Leah wore those suits to client meetings.

As drug companies signed on, she focused on making it to the five-year mark, which most start-ups never hit. But right after its swanky fifth-anniversary party, the company lost a \$6 million contract. "Most people would've quit, but I had a staff who depended on me," she says. "I hit the pavement and wrangled new clients like it was day one." Her tenacity paid off: A10 is on track to do \$25 million in business this year. Still, Leah won't let herself get too comfortable. "When you run a business, things mess up again and again," she says. "A true entrepreneur knows how to navigate out of the storm, no matter how tough it gets." —VIRGINIA SOLE-SMITH

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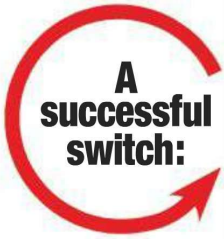
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We found your next job!

Ready for a career switch? You'd kill it at a bunch of different gigs—just check out our chart and start your rebranding. By Alice Oglethorpe

IF YOU'RE...	An executive assistant or office manager	A teacher or nurse	A customer-service rep or retail salesperson	An accountant, engineer, or paralegal
 You'd make a good...	• Nonprofit employee • Political campaign staffer • Television producer  <i>Up All Night's</i> Reagan Brinkley	• Human resources rep • Public relations exec • School counselor  <i>Glee's</i> Emma Pillsbury	• Pharmaceutical sales rep • IT support staffer • Corporate salesperson  <i>The Office's</i> Jim Halpert	• Event planner • Charity fund-raiser • Executive office manager  <i>Mad Men's</i> Joan Harris
 Here's why:	"You take great pride in making sure meetings and events go off without a hitch, and you would easily put that quick, creative thinking to use in these fields," says Meredith Haberfeld, a cofounder of the Institute for Coaching in New York who helped to develop the first life-coaching curriculum at MIT.	"Your ability to project warmth and make people feel comfortable are valued in these jobs, because they all require you to build relationships quickly," says Laurence Shatkin, Ph.D., a career consultant and researcher who helped create job-matching software that has been used in high schools all over the country.	"You have a knack for helping people figure out what they want and meeting those needs, all while keeping your cool," says Cameron Powell, a lawyer who made his own leap eight years ago to become an executive career coach. "Whether you're selling a shirt or a piece of hospital equipment, it's all the same skill."	"You're meticulous, because being sloppy with your facts can have huge consequences in your industry," says Lindsey Pollak, an advisor for LinkedIn who has spent over a decade guiding employees through job changes. "You can use that strength to fine-tune a corporation's productivity or plan their events."
 A successful switch:	"When I was an assistant, there was at least one seemingly impossible task every day. But I always came through. That resourcefulness helped me when I applied to work for Rock the Vote during election season," says Maegan Carberry, 31, of Los Angeles. "I highlighted my experience multitasking and keeping track of a difficult schedule to show them what a great problem-solver I was."	"I'd been an elementary-school teacher for five years when I decided I wanted to get into public relations," says Sarah Gmyr, 33, of Arlington, VA. "I applied for a PR job at Ringling Bros., and in the interview I talked up how quickly I could adapt to changing situations and find ways to reach my audience—even cranky 7-year-olds. Those were just the talents they were looking for!"	"I was working at a large department store when I saw an opening for a sales rep at a medical-supply company," says Kelly Fash, 32, of Chicago. "In the interview, I used my work in retail and strong sales record to prove to them that I could identify every customer's need, desire, or problem and offer them a product they would want to buy. The interviewers really loved that."	"I wasn't happy with my job as a systems engineer, so when I learned that a local art center was looking for a new director of events, I applied," says Tara Zimmnick-Calico, 38, of Alexandria, VA. "I reworked my résumé and took it out of chronological order so I could focus on the experience I had planning conferences for an old employer. It worked!"

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Which room should you renovate?

Always, *a/ways* redo the kitchen, says real estate savant Barbara Corcoran. Here's why.



BEFORE

Mini tweaks to this drab kitchen will add *thousands* to the home's value.



AFTER

Mom of two Carey Ballard desperately wants to remodel the Arizona home she bought with her husband, Dean, last year, but she has only \$3,500 to spend. Should she overhaul her “awkward” living room or the “very ’90s” kitchen?

Barbara's advice: “The top four things that sell a house are its location, how much natural light it gets, the exterior, and the *kitchen*. Rarely do people say, ‘That living room needs a lot of work,’ but a lousy kitchen can completely turn a buyer off.” Corcoran says the appliances look fine, but Carey should:

- **Ditch those brown cabinets.** “Buy 15 white cabinet doors (\$100 each at The Home Depot) and hire someone to spray-paint the rest of the cabinetry white (around \$150). Bright kitchens trick the buyer into thinking they’ll have less work to do when they move in, so they won’t try to negotiate as much.”

PURCHASED FOR: \$220,000
RENOVATION COSTS: \$2,855
NEW HOME VALUE: \$240,000

- **Splurge on a round white pedestal table** (\$840 from thediningroomoutlet.com) with four white chairs (\$60 each at Ikea). “Round tables are hands-down better than rectangular ones, because they allow buyers to float through your home more seamlessly. It’s a mind game, but it matters.”

- **Hang some kids’ art** in five white picture frames (roughly \$25 each) on the wall above the cabinets. “It’s a personal touch that adds pops of color.”



Barbara is founder of The Corcoran Group, a top real estate agency in New York. Now she’s a judge on ABC’s *Shark Tank*.

FIVE-MINUTE MONEY MANAGER

THE TRUTH ABOUT PREPAID DEBIT CARDS

Preloaded plastic is a new concept women are loving—but Beth says it’s all hype, few benefits.

Hype: You’ll save money.

Truth: You fill up prepaid cards with cash at places like grocery stores, which, in theory, saves you from paying bank fees. But traditional banking is usually cheaper. While a couple of prepaid cards, like GreenDot, do have low costs, others charge up to \$2 per transaction, or up to \$10 a month. But 45 percent of checking accounts have *no* monthly fees.

Hype: They’re super-secure.

Truth: You’re less protected than with a bank card. If you find a bogus charge on your bank debit card and report it within two days, you’re only liable for up to \$50. Not so with prepaid cards. That \$360 mountain bike you didn’t buy? Good luck getting your money back.

Hype: They teach children how to manage money.

Truth: To truly appreciate the value of a dollar, research shows, cash trumps all. But a debit card linked to a checking account is the next best thing. It will help kids learn to budget and teach them to transfer 10 percent of their earnings to a savings account every month.



REDBOOK’s money expert, Beth Kobliner, is the author of *Get a Financial Life* and is on the President’s Advisory Council on Financial Capability.





Kelly's hit single "Stronger (What Doesn't Kill You)" has become the battle hymn of cancer patients everywhere since kids at Seattle Children's Hospital posted their version of the song online in May. The video went viral overnight. "It's beautiful!" Kelly tweeted. "I can't wait to visit these kids and nurses!"

HAIR: DAVID COX FOR ORIBE/CELESTINEAGENCY.COM. MAKEUP: ASHLEY DONOVAN FOR DIORSHOW AT SOLOARTISTS.COM. MANICURE: CARLA KAY FOR CLOUTIER REMIX/ESSIE. STYLIST: NICOLAS BRU AT MARGARET MALDONADO AGENCY. JACKET: 7 FOR ALL MANKIND. BANGLES: MELINDA MARIA. RING: IPPOLITA.

Our kind of DIVA

It's a classic Kelly Clarkson moment on the set of her much-buzzed-about new TV show, *Duets*. She's wearing a purple tee and skinny black pants that show off her newly toned body. Tattoos peek out demurely—a snowflake behind her left ear, a cross with the words *Love them more* (a reminder to be kind to her detractors as well as her friends) under her right wrist. During a break in taping, Kelly kicks off her studded pumps and pulls on some comfortable kicks. “Can you see my boots?” she asks in her Texas twang, worried that they’ll creep into the next shot. A cameraman gives her a funny look.

“I thought you said *boobs!*” he says.

The entire set goes quiet.

“Oh!” Kelly replies, not missing a beat. “If you want to see those, you’re going to need magnifying glasses.” And the whole room cracks up with her.

With her self-deprecating humor, soulful voice, and unapologetic ways, Kelly has won over this small Nashville crew, along with millions of fans. It’s been 10 years since the girl from Burleson, TX, became the first American Idol, skyrocketing to pop-icon status with scorching ballads about love gone awry, long before Adele hit the scene. She never teetered onstage in meat dresses or bras spouting cream. In a sea of sensationalist fembots, she emerged as your straight-shooting best friend.

Despite Kelly’s initial success, her career also took a few tumbles. She famously battled her record company to release a darker and less commercial follow-up to her first hit album, *Breakaway*. Her weight fluctuated and the tabloids pounced. Lately, though, the drama has disappeared. With the release of her fifth album, *Stronger*—a collection of tough, I’ll-show-you-who’s-boss anthems—the 30-year-old has affirmed her place as one of the gutsiest, most supremely voiced women in pop. This summer she hits the road, playing arenas from Cincinnati to Tuscaloosa, AL. And despite being a private person, she’s gone public with a new man: Brandon Blackstock, the son of her manager of four and a half years, Narvel Blackstock—who happens to be Reba McEntire’s husband. Adding to this mind-bender, Brandon, who manages Blake Shelton,

We never stopped rooting for Kelly Clarkson through 10 years of ups and downs. Now she’s as hot as a Fourth of July firecracker, with a new TV show (watch out, Idol!), a new love, and a super-fit new body. Crank up “Stronger,” grab a hair brush, and read this.

“I love working, but now it’s more about

is recently divorced and has two kids, 10 and 5. Suddenly, Kelly is part of a big, extended country-music family.

And then there’s her new ABC series, *Duets*. It’s entering an already-cluttered talent-competition landscape (*American Idol*, *The Voice*, *The X Factor*) but has four undeniable hooks: Kelly, soul crooner John Legend, Sugarland’s Jennifer Nettles, and R&B heartthrob Robin Thicke have each assembled teams of unknowns to engage in weekly duet throwdowns. But let’s admit it—what the show really has in its favor is that we all get to root for Kelly Clarkson again. A decade after hitting it big and, in her own words, getting “screwed over a lot,” is there anything more delicious than seeing her back on top?

REDBOOK: On *Duets*, you get to mentor aspiring singers like you did on *The Voice*. Watching them must remind you of how you started [on *American Idol*]. How did it all feel to you back then?

KELLY CLARKSON: I’m going to be completely honest—I had no one looking out for me. They were looking out for the show, and it was horrible. I was 19 years old. I was smart enough to know that it wasn’t about me, but that didn’t make it any easier. I’m all cried out about it, but my first four years, I hated my life; I almost quit a dozen times. It was the typical story that happens to small-town kids who make it: You get eaten alive.

RB: How will you do things differently on *Duets*?

KC: I’m hoping I can show that you can be in this business and help someone else. I don’t want anyone to fail. I want the best person to win. But most importantly, I want to be that person they can trust. I don’t have any other agenda, unlike the producers of *Idol*. I already have my career. I’m that person who completely understands them, who they can talk to or cry to.

RB: Who do you open up to?

KC: Reba, definitely. She’s the only one who really understands what I’m going through. I’m close with my mom, but Reba is more like an older sister. She’s been in the exact same situations. She’s a godsend.

RB: And now you have someone else: Brandon.

KC: Yeah. We’ve known each other for about six years. He was married, so that wasn’t even... I mean, I’m not that girl at all. I never even thought about it. Anyway, I guess he’d been divorced for like a year? And we ran into each other at this year’s Super Bowl.

RB: That’s so romantic.

KC: Yeah, right?!

RB: Just you two—and 200,000 other people.

KC: Yeah! And me being terrified because I had to sing that damn anthem! So there we were, and I’d never been around him when he was single. Everyone’s having a good time, enjoying the game, and it was just one of those moments that was like, *Maybe we should try this out?* We’re always around each other, always together somehow...

RB: Seems logical.

KC: At first I was like, “Your dad is my manager.” We didn’t want to jeopardize what Narvel and I have. But then he talked to his dad, and I talked to his dad, and he was like, “Go for it. Y’all are both great.” So we got the blessing.

RB: So it’s only been a few months?

KC: But it feels like forever.

RB: Because you were Ms. Single before?

KC: People think I [was] miserable. And I’m like, “No, man. I love my single life.” My sister and everyone else I know who is married with kids, they tell me to enjoy being single, because once you get married, and if you have children, it’s a selfless life. It’s a different kind of awesome. Also, I’ve been working my butt off. I never had my mind on anything else—that’s why people always think I’m gay. I don’t just hook up. I’ve only had four boyfriends in my entire life, and they didn’t last long.

RB: And now you’re dating someone with kids. Are you taking on a stepmom role?

KC: No. I’ve known them forever, so it’s not a new situation, especially with his little girl who’s really into music and



Kelly puts a contestant through her paces on *Duets*.

sings really well. It’s mostly a friendship thing. They look at me like their dad’s girlfriend. They have a really good mom; they don’t need another one. I come from a family of stepmoms, so I know how to navigate that whole scene. The little boy will say, “Are you dad’s girlfriend?” He really emphasizes the word *girl*. But Brandon’s honest with his kids. I came from a family where I wasn’t always involved with the decisions [affecting us], and that was really hard.

RB: Do you guys actually get to spend time together with your busy schedules?

KC: He’s a pilot, so it’s convenient. He can fly to where I am. Right now I’m working in Los Angeles and he’s in L.A. And we both live in Nashville. So we haven’t run into that long stretch of time apart, which is rare, especially for someone like me, because I go overseas. When that happens, that’s going to be harder.

RB: How will you handle it?

KC: What’s important is that we’re both in this industry. And we both get it, especially with him managing Blake. It’s insane how busy he is. And that’s the coolest—that we’re in this together.

RB: True. But tell me something: Wasn’t it ever awkward around his ex?

KC: Well, that was more him. I wasn’t married to her. But no, it wasn’t awkward. We’re good. What I love about Brandon and his ex, whom I get along with really great, is that they’re mature. It’s not about the adults when there are kids involved. You have to rise above for your kids’ sake.

sharing my time with someone else."

RB: It sounds like you've finally found the right guy, after lots of heartache.

KC: I feel very fortunate. A lot of the stuff I wanted to do, I got to do. I love working, but now it's more about sharing my time with someone else; I finally found someone I love to do that with. And it's not that I don't want to make great records, but maybe it's time to slow down my pace. I kind of like hanging out with him...

RB: So what does that mean?

KC: When [Narvel] comes to me and says, "We can do this, this, and this," I tell him, "I can't do it all, so pick one." Because I really want to make time for [Brandon].

RB: And is it true you guys grew up in the same small town in Texas?

KC: Yeah, we did. It's crazy. Even if it doesn't work out, we're like family already.

RB: But it sounds like it's going well.

KC: Yeah, without being a Nervous Nelly about it, which I am. He's a great guy, a great father and man, all those things. It

feels very natural. My family already knew him, so it's not like I had to introduce him to my parents. And obviously, I know his.

RB: You look amazing, like you've lost weight.

KC: I haven't stopped working for a year straight. When I get busy, I don't indulge in that vacation beer and pizza. So I lose weight. We also have a trainer in Nashville.

RB: Do you work out when you tour?

KC: Really, just being on stage every night burns a lot of calories. It's so physical. I do cardio. I run. I strength-train using my own body weight. I don't like free weights, because I build muscle easily. Really, what I try to instill in my fans is to be healthy and happy. I have no desire to be super-skinny.

RB: Are you tired of the weight question?

KC: I'm so over it. What really upsets me is when [fans] say, "You're tiny. What would they think of me?" That's heartbreaking. I've always been that kid who was chunkier than the others. I don't think it's fair to

put that kind of pressure on girls. I'm a very normal person. I'm someone who's sick of trying to bend to what society tries to bend you to.

RB: Who taught you to stick to your guns?

KC: My mom was an amazing teacher who worked hard and was very passionate. I try to share that with my kids on *Duets*, that you can't just show up. I've had people pushing changes on me my whole career. And you know what? Twenty million records later, I'm doing just fine. People like me. I'm happy, and I'm doing my thing. And I think that's the best example you can be.

RB: Your success, your new love—it must seem a little surreal. Are you waiting for that other shoe to drop?

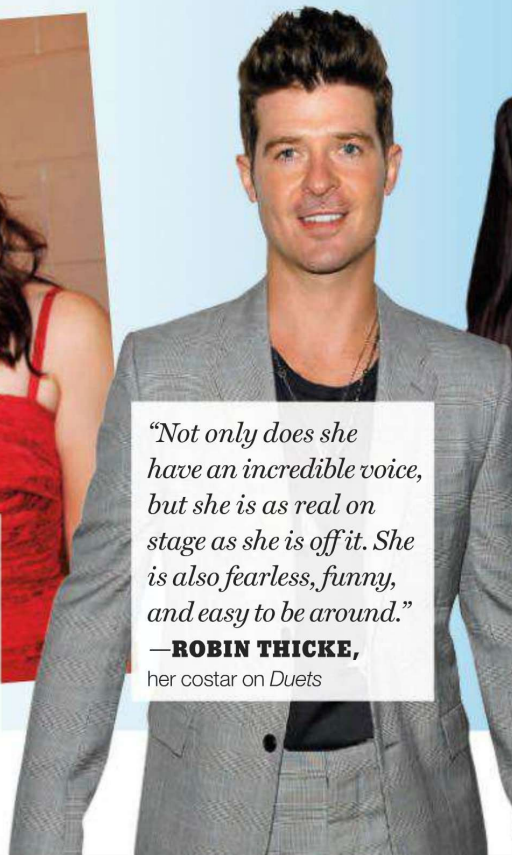
KC: I know—where's the kick in the ass? I told my assistant that today. I said, "I'm just waiting for something to blow up." She said, "No, that's what happiness is." I'm like, maybe I've never been happy! Because Brandon does, he makes me happy. **R**

TEAM KELLY!

There's a reason these stars love sharing the spotlight with her. Let the gushing begin...



"She's a blast to sing and be on stage with. We love doing karaoke—especially singing backup for folks getting up to sing! She's like a little sister to me and fits in with our business team and our family terrifically." —**REBA MCENTIRE**, who sang "Because of You" with Kelly in 2007



"Not only does she have an incredible voice, but she is as real on stage as she is off it. She is also fearless, funny, and easy to be around."

—**ROBIN THICKE**, her costar on *Duets*



"We always have a good time hanging backstage. After we performed on Ellen together last year, we took everyone out for margaritas and Mexican food. She's also always really sweet to my daughters, who think she's the coolest."

—**JASON ALDEAN**, her duet partner on the CMA Award-winning "Don't You Wanna Stay")

Go sporty glam

Silky drawstring trousers and a slouchy, shimmery top have all the comfort of your yoga pants and a tee—but zero schlump. Top, Ann Taylor, \$58. Necklace, Victor by Victor Alfaro, \$58. Pants, Mango, \$65. Sandals, Arturo Chiang, \$59.



HAIR: ALBERTO GUZMAN FOR CUTLER SALON AT RAYBROWNPRO.COM.
MAKEUP: REBECCA ALEXANDER FOR DIOR AT RAYBROWNPRO.COM.

THE MOST FUN YOU CAN HAVE IN CLOTHES

These outfits are the style equivalent of a smiley face, created with breezy, bright, playful-patterned pieces that add up to seriously cute head-to-toe looks. (Even better? Every last item here is under \$100!) Photographed by Mark Andrew

Remix your basics

A classic pencil skirt feels über-sharp when it hits below the knee, and the tried-and-true tank sings in tangerine. Tank, Michael Stars, \$39. Necklace, Elk, \$75. Rings, Express, \$26.90 each. Skirt, Kardashian Collection, \$38.99. Heels, Bakers, \$80.



***Play the retro
bombshell***

This sweetheart top and swingy shorts call out, "Hey, fellas," but the quirky combination of patterns says, "This is for the girls."

Top, eShakti, \$44.95.

Necklace, Kris Nations, \$78. Shorts, Talbots, \$49.50.



***Add fun to
your preppy***

A skirt and cardigan move from cute to killer thanks to hot, hot heels and a touch of acid-bright color.

T-shirt, Forrest & Bob, \$35. Cardigan, Old Navy, \$15. Pendant necklace, Marcia Moran, \$98. Fortune-cookie necklace, Alisa Michelle, \$98. Cuff, Spring Street, \$24.

Skirt, Amanda Christine, \$98. Heels, Madeline Girl, \$69.

A woman with long brown hair is sitting on a bright green lattice fence. She is wearing a dark blue sleeveless dress with a white and yellow floral pattern. She is also wearing colorful sneakers with a floral pattern. The background shows a white lattice structure and some potted plants.

Try a floral mash-up

Mixing prints always nets you a fresh look—and nothing's quite as pretty (and as run-around-town) as a little dress and adorable floral sneaks.

Dress, Lulu's, \$44.

Sneakers, Bensimon, \$80.



***Be a sexy
sailor girl***

A dress with a long, lean, sleekening silhouette will cure you of that horizontal-stripes phobia.

Dress, French Connection, \$88.
Necklace, Wimberly Inc., \$42. Bracelets, Fantasy Jewelry Box, \$23.95 each.
Wedges, Mia, \$49.

A woman with blonde hair and pink lipstick is leaning against the side of a vintage orange and white car. She is wearing a navy blue blazer over a white top, a brown leather belt, and light pink shorts. She is also wearing a white hat with a brown band. The car has a New York license plate that reads "FPJ-7597".

Fancy up your shorts

Introduce colored denim shorts to a navy blazer—and watch as polished-cool magic happens.

Hat, Block Headwear, \$60.

Top, American Eagle

Outfitters, \$39.50. Blazer,

Mango, \$99.99. Necklaces,

Blee Inara, \$70 each. Belt,

Club Monaco, \$59. Ring, Betty

Carré, \$99. Shorts, Calvin

Klein Jeans, \$49.50.



Electrify some lace

This dress is sweet but not cloying thanks to little peeks of a bright-orange lining. The perfect wild finish? Neon heels! Dress, Burlington Coat Factory, \$39.99.

Sunglasses, Converse, \$59. Clutch, MMS Design Studio, \$49.99. Heels, H&M, \$34.95.

Fashion editor: Audrey Slater. See shopping guide, last pages, for details.

Lovely, lazy weekend hair

Honey, it's too hot for hot tools! Embrace these laid-back, zero-effort styles. They work beautifully with your natural texture, so you can take a couple of days off. By Kayleigh Donahue

THE BARELY DONE BRAID >

There's nothing kidlike about this look—except how unbelievably easy it is to create. In fact, you can do it on wet hair without a drop of product (unless you have fine hair, in which case a dollop of mousse will give it some hold). While your hair is damp, finger-comb it back off your face and, starting at the crown, make a tight braid, shifting it to one side as you go. Wrap an elastic around the end, then gently tug a

few spots along the sides of the braid and your hairline to loosen some pieces. “The softer and more imperfect the style is, the sexier and more grown-up it looks,” says Tresemmé celebrity hairstylist John D., who has worked with Jennifer Garner. (If you're good at this stuff, start out by making a small French braid on one side of the front of your hair, as pictured here. Then tuck the end into the main braid.) When the sun goes down, unravel your hair and—*ta da!*—instant waves.







*a little
frizz can
be a good thing.
It gives a
simple bun or
ponytail a
soft, romantic
feeling.*

< THE EFFORTLESS TWIST

Hair gone crazy in the heat? “A bun is the quickest way to look instantly polished,” says celebrity hairstylist Tim Rogers, creative director of Living Proof hair care, who has worked with Kate Hudson. But a slick bun can look harsh. To make it soft, use your fingers instead of a brush to gather your hair at the back of your head. Wind it into a chignon (if you have long, heavy hair, secure it in a ponytail first), then use U-shaped hairpins—not bobby pins, which don’t hold as well—to pin it down at the top, bottom, and each side of the twist (try Sta-Rite Hair Pins, \$2.29). Don’t sweat any fuzzies around your hairline. “They add to the romantic feeling of the look,” Rogers says. Bonus move: When headed to the pool or beach, saturate your hair with a deep treatment like Biolage Fortethérapie Intensive Strengthening Masque, \$16, then twist it up. “The mask acts as a barrier, protecting your hair from chlorine and salt water,” says Rogers. “Plus, the sun’s heat helps the nourishing ingredients penetrate, so when you rinse it out, your hair will be incredibly shiny.”

THE LOW, SEXY PONY >

If you have fine hair, you know that humidity can actually be a blessing—especially when it comes to stepping up a basic ponytail. “The moisture in the air swells the hair cuticles, giving the tail a fluffy, stylish finish,” Rogers says. For the prettiest effect, place the ponytail just above the nape of your neck, about level with your jawbone. “This really elongates your neck,” he says. To keep the front of the style smooth, mist your fingers with a humidity-fighting hairspray such as Tresemmé Climate Control Finishing Spray, \$4.49, and pat down any flyaways at your hairline and on top of your head. An elegant touch: Wrap a small section of hair from the ponytail around the base to hide the elastic, then pin the ends in place discreetly underneath. Swoosh!





It's a question you can't help but ask yourself: How do I get some more joy in my life? As Jancee Dunn—and the three women on the next page—discovered, the answer hinges on taking the long (crazy, beautiful) view. So tweak your perspective, and...

FEEL A LITTLE HAPPIER EVERY DAY

was in an airport recently when my toddler decided to unleash a category-5 tantrum. As she was flailing and screeching on the floor, a 20-ish woman (not a fellow parent, I could tell) gave me an incredulous look that said, *Why would you do this to yourself?*

I knew that look. I used to give it myself. For years my husband and I had dithered about having a baby. We married in our mid-30s, and since then, our happiness levels had spiked at certain times (like our giddy first months together or during an amazing vacation) and dipped (a joint bank account and we're still broke?). But overall, we had an exceedingly satisfying life of lazy weekends and peaceful nights by the fire—okay, actually a candle in our small apartment. And it seemed like every time we pondered having a kid, I would read yet another alarming

Tickling your baby, cracking up with a friend—these are the building blocks of bliss.

report linking parenthood to plummeting happiness levels.

Those studies were better birth control than a Costco-size box of condoms. From the 2006 best-selling psychology book

Stumbling on Happiness, which found that “marital satisfaction decreases dramatically after the birth of the first child and increases only when the last child leaves home,” to the instantly viral 2010 *New York* magazine story “All Joy and No Fun: Why Parents Hate Parenting,” expert upon expert found that as a group, parents in the United States experience depression and emotional distress more often than adults with no kids.

Ultimately, we went for it anyway. I craved connectedness, and wanted to widen the small but vital circle of people I loved most in the world. Also, life with my husband had become a little too orderly, too quiet. Of course, the road to happiness doesn't always lead to parenthood; some of the most fulfilled women I know are child-free. But that's the path I chose, knowing it would inform my highs and lows for decades to come.

Still, I had no idea how low things could go. I was elated when I had my daughter at the age of 41, but during the first few months I toggled between joy and despair, seemingly by the hour. I kept wondering why I didn't have more magical moments of gazing at her beatifically, like the beaming mother

TOP ROW, FROM LEFT: ROSEMARIE GEARHART/GETTY IMAGES, JAMIE GRILL/TETRA IMAGES/CORBIS, GLENN GLASSER/GETTY IMAGES, SECOND ROW, FROM LEFT: AMANAIMAGES/GETTY IMAGES, JRC/GALLERY STOCK, AFON MCCOY/GETTY IMAGES, PATRICK MOLNAR/GALLERY STOCK, THIRD ROW, FROM LEFT: ANNIE MARIE MUSSELMAN/GETTY IMAGES, BRITAIN ONVIEW/GETTY IMAGES, GLENN GLASSER/GALLERY STOCK, ALLYSON LUBOW/GALLERY STOCK, BOTTOM ROW, FROM LEFT: IMAGE SOURCE/GETTY IMAGES, B2M PRODUCTIONS/GETTY IMAGES, MICHAEL BLANN/GETTY IMAGES, GEORGE LOGAN/GALLERY STOCK.

on our Pampers box. And even though my husband and I had smugly agreed that we would always put our relationship first, we were soon hollering at each other about whose turn it was to fill the wipes container. When my doctor asked me what I was doing about birth control, I did a spit-take into my latte. Three feedings a night and an overflowing Diaper Genie were working handily, thanks.

Looking back, I wish I hadn't put so much pressure on myself. Mothers of newborns are dealing with a colossal life change while their bodies feel like foreign entities and their minds are scrambled by crazy-making hormones and sleep deprivation. When people told me, "Soon the clouds will break," I barely believed them, but lo and behold: A few months went by, and we got more rest. Our baby started smiling. We fell deeply,

MY BUMPY ROAD TO BLISS

We asked three now, but only

Age **20 YEARS**

"Family happiness comes before work happiness."

BERNADETTE
Age 41, Fair Haven, NJ

HAPPIEST
SADDEST

I graduated college! Soon after, I got my dream gig as an executive assistant at MTV in New York City. It was hard work to land it and even harder to keep it. The experience was scary but invigorating.

Um, creepy! I kept running into a guy I had dated when he was out on other dates—all with Asian women, like me. I realized he had a fetish. I'd always had insecurities about my ethnicity, and this didn't help. But gradually, my amazing aunt helped me accept my roots.

Found The One. A friend at work wanted me to meet his brother, Paul. On paper he didn't seem like my type (he was a beer-drinking, long-haired guy; I liked professor types), but we hit it off. Eighteen months later, we were married. Four years later, we had a baby boy.



25 YEARS

"Never turn down a second chance at joy."

JANE
Age 39, Holland, MI

HAPPIEST
SADDEST

Pregnant and unmarried. I was devastated. I had a serious boyfriend, but my parents wanted nothing to do with me.

It's a girl! She was wonderful, but I was a single mom working three jobs. Not ideal. My boyfriend was around, but we didn't live together, so most of the responsibilities fell on me.

Cold feet. After eight years of dating, I felt like we were supposed to get married because we had a daughter. Even on the way to the chapel, I knew it wasn't right.

Our marriage was stressful and very difficult. We fought about money, responsibilities, lack of communication—the list goes on. I was miserable.

Pregnant (by accident) again! I was thrilled to be married and having a baby—no one could judge me. But now I was even more stuck in a bad marriage.



"It's okay to focus on yourself."

LYNN
Age 58, Richmond, VA

HAPPIEST
SADDEST

I married my college sweetheart! All our friends from school were there, and we felt so loved by everyone.

...then we moved to Maryland for his job. We didn't know anyone, and I was so lonely. But I got a job as a secretary working with women my own age and built a social circle. I missed my family but was getting used to my new life.

I had two kids in 2½ years. I loved being pregnant with a baby boy, even though I was nauseous all the time and I felt like a beached whale. My second pregnancy with my daughter was much easier.

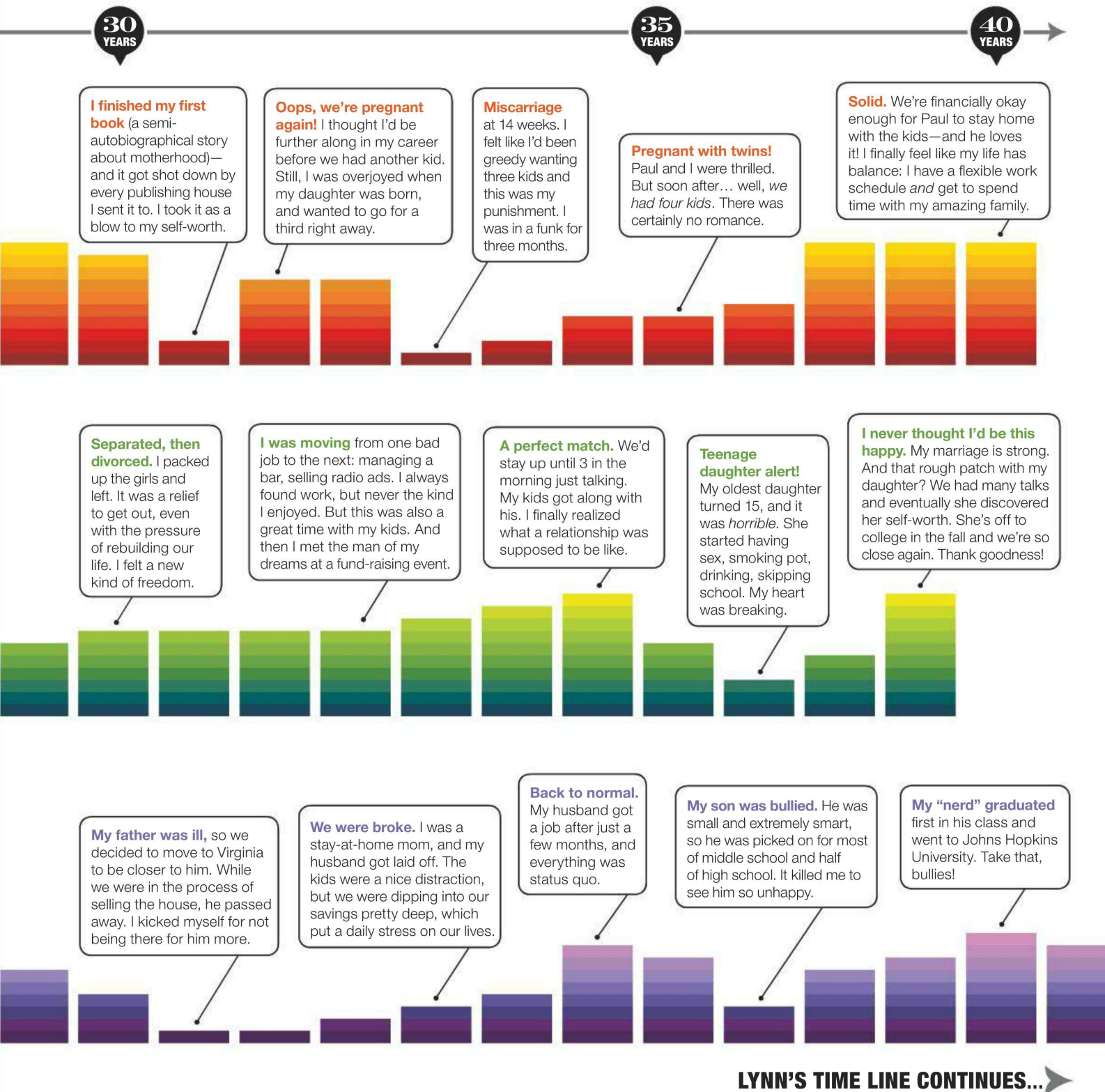


irrevocably in love with her. Because here's the thing: Happiness is cyclical. (Or, as another, older woman said during the airport meltdown, "It gets better." She kept walking, and then threw over her shoulder, "And worse.") Whether we're parents or not, whether we're old or young, happiness ebbs and flows. What ultimately matters, experts say, is the long game. "Being able to step back and reevaluate is key," says Matthew Killingsworth, a

Harvard University psychologist who studies happiness. "Taking that opportunity to reflect can really impact your happiness. Don't go on autopilot."

Everyone also has their own idea of when they've been most blissful. Some women look mistily at their college years; others point to their early 30s. I'd say my 40s. The good news is that if you're under 50 and think you're content now, your best days

women to track their happiness from their early 20s until today. They're smiling because they weathered the lows—and learned from them. By Lisa Freedman



are still ahead. A 2008 Gallup poll of more than 340,000 people found that happiness levels rise sharply after 50, and continue to do so for several decades. (And in the most recent Gallup happiness poll, in 2011, the 60s came out as the decade when things really pick up.) In her new memoir *Lots of Candles, Plenty of Cake*, Anna Quindlen, the Pulitzer Prize-winning journalist famous for her 1980s *New York Times* column “Life in the 30s,” writes about this phenomenon firsthand. For her, happiness increased at a nondramatic, almost glacial pace over the years. But looking back, it’s crystal clear how much greater things are for her now, at 59. Take girlfriends, for instance: “In my 30s I would think, *Oh, my gosh, it’s been weeks since I’ve talked to so-and-so*,” she told REDBOOK in a phone conversation. “But now that we’re in our 50s and 60s, we see each other all the time. That’s one of the best things about getting older—once your kids are launched and your career is in a safe place, you have more time for your female friends, who, for me, are the bedrock of sanity.”

Quindlen also feels liberated from the body-image angst that plagues younger women. “It comes with having friends who have been sick,” she explains. “When your friend’s had a mastectomy, you don’t waste a whole lot of time worrying about what your breasts look like anymore. You’re just so glad that everything still works, and you’re kind of astonished by it. Sometimes I look at my feet and I think,

These same feet have been carrying me around for almost 60 years. These are the same knees I used to scab up when I was 7. It’s shocking!”

Research supports the idea that it’s the little things, not the Hallmark-moment milestones, that contribute most to contentment. “People who have good moments have good lives overall,” says Killingsworth. “The mundane, day-to-day stuff turns out to be pretty important.” That’s precisely what you’ll see in the time lines in this story, by women who honestly narrate their waves of joy and disappointment, some marked by events like weddings and deaths, some not at all.

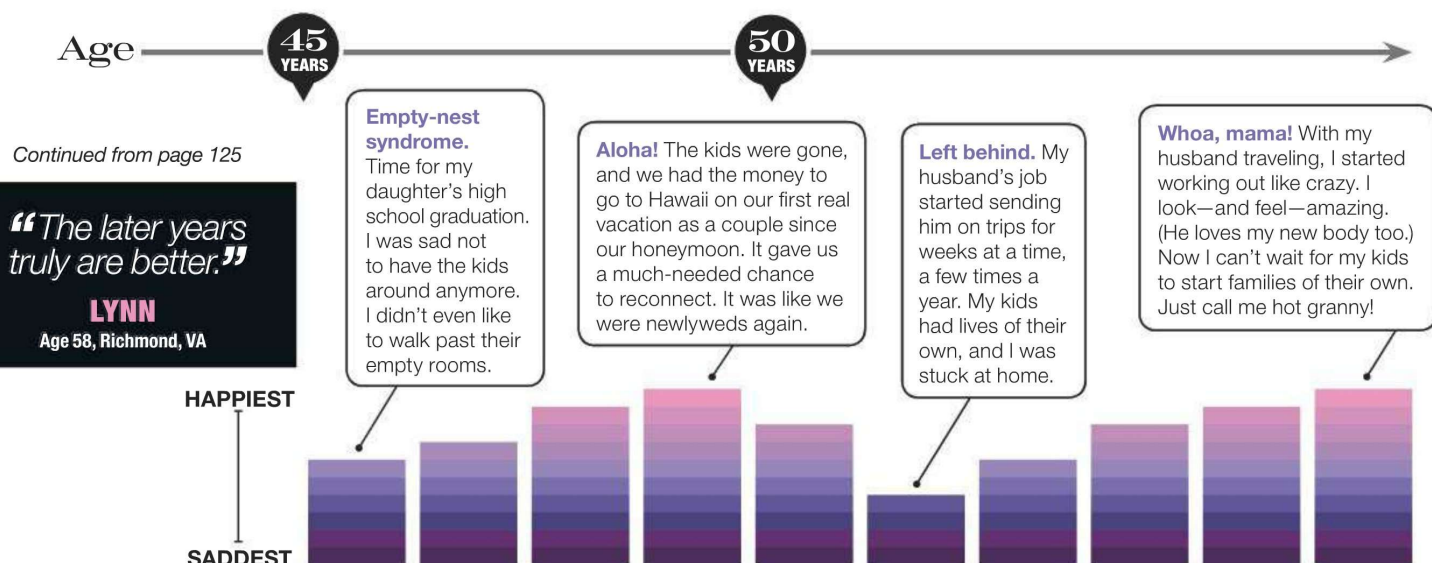
Right now I’m riding a nice crest. My daughter is 3, so my life is definitely chaotic, but I’m 10 times more contented. Pre-kids, my highs involved standing on the Great Wall of China, or having a 10-course meal in a five-star restaurant—fantastically exciting, but fleeting. Now my happiness is a million tiny, lovely instances and snapshots that, when strung together, make a richer, more satisfying whole. And for the most part, they’re totally unremarkable. When I tell my daughter we’re going to the drugstore to pick up tampons, she reacts with the ecstasy of a *Price Is Right* contestant. How can I help but laugh? “You look so pretty, Mama,” she’ll say, reverently stroking my stained, stretched-out yoga pants.

Having a child has made me feel more connected with the world in general, too—something I didn’t even know I

craved until she was born. I’m constantly pulled into spontaneous conversations when I’m out with my daughter. It takes me hours sometimes just to buy some cilantro. Having her has made me feel more a part of the human family—which is a cornerstone of too many happiness studies to mention. And the funny thing is, while septuagenarians always stop to ask about her, I once got into a long conversation with an enormous guy who had a rottweiler neck tattoo. It turned out he also had a toddler son, who, he told me proudly, was already walking at 8 months.

As for my marriage, all is well—which leads me to disagree with the contention that parenthood makes your relationship a festival of misery. To begin with, many studies reveal that being married or living with a partner makes you happier. And other research shows that marital satisfaction is pretty easy to come by: A large 2011 relationship report called “The State of Our Unions” found that people are happier in their marriages when they make a regular effort to be nice to their spouse in little ways—nothing crazy, just gestures like making them a cup of coffee or giving them a back rub. That’s doable, even if you have a Duggar-size brood.

Another way *anyone* can be happier is to have a sane work-life balance, says researcher Dan Buettner, a National Geographic fellow who recently did a five-year study of the happiest populations in the world (located in Denmark, Singapore, Mexico, and California, if you’re



interested.) He says Americans tend to think that if we work hard and make a pile of cash, we'll be content—when in fact, for a family of four, an average income of \$75,000 is shown to be the ceiling for day-to-day happiness, and the ideal workweek is no more than 40 hours. Forget the unachievable idea of Having It All, which does nothing but foster deadly parental guilt. A University of Washington study last year found that working mothers with Supermom attitudes who said it was a cinch to blend their work and home lives showed more symptoms of depression than working moms who figured they'd have to

make sacrifices to pull off the juggling act.

Now that I think about it, maybe the way to be happy is to stop obsessing about it and just be struck—and grateful—when it happens. Research has found that people who actively strive to be happy end up feeling worse than when they started. So let's all step back and take the *really* long view: Some researchers believe that our mood probably peaks at the ripe old age of 85, when people have fewer responsibilities and struggles over issues like their career. Less angst, more perspective, and a cutthroat game of Mah-Jongg? Sounds like a happy ending to me. **R**

CHEER YOURSELF UP... ASAP!

The big picture matters the most, but when you're in a slump and need a quick mood boost, try these ideas.

GO TO SLEEP EARLIER TONIGHT People who log seven hours of sleep or more a night tend to be happier, according to a study out of the University of Michigan. "Six hours or less of sleep is not enough for most people and has adverse physiological, mental, and emotional effects," says Norbert Schwarz, the study's lead author and a psychology professor. So how much of a difference can more shut-eye make? Researchers have found that sleeping that one extra hour every night can make people just as happy as banking an extra \$60,000 a year.

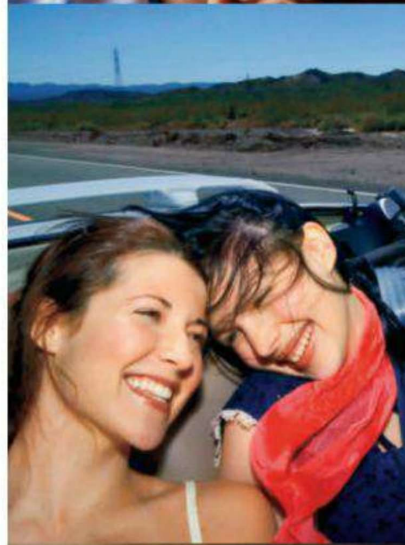
MAKE THE BED TOMORROW Tucking those sheets into hospital corners may seem trivial, but "it allows you to start the day with a feeling of accomplishment," says Gretchen Rubin, author of *The Happiness Project* and the upcoming *Happier at Home*. Experts agree with her that bed-making, counter-wiping, and other basic acts of orderliness have a positive effect on your mental state.

GO AHEAD, ORDER THAT LATTE Women who drink two or more cups of coffee each day are about 15 percent less likely to develop depression in their lifetime, according to a recent Harvard University study. (Four cups reduced the risk by 20 percent.) Some experts believe the benefit could come from coffee's antioxidants, while others attribute the feel-good effect to caffeine. We say it's the yumminess.

SPREAD A LITTLE SUNSHINE Nope, you don't have to write a nightly list of everything you're grateful for—though that is a proven pick-me-up. The mere act of thanking a friend for treating you to dinner or telling your husband he looks nice is enough to get you smiling, according to researchers at the University of California, Davis.

EAT SOMETHING SPICY You might feel uplifted after sprinkling red pepper flakes on top of your pasta or biting into a hot pepper. Capsaicin (the stuff that adds that flavorful kick) triggers pain receptors in your mouth, say researchers at the State University of New York at Buffalo, and that signals your brain to release endorphins, which give you a light, happy feeling.

STAY FOCUSED Daydreaming isn't as la-di-da as it sounds: The more you let your mind wander, the more you open yourself up to negative thoughts. "When people stop focusing, they sometimes start to think about things they're worried about," says Harvard University researcher Matthew Killingsworth. To keep your mind grounded, experts have suggested eliminating distractions while at work (Facebook, anyone?) and reading a good book or chatting up other riders during your commute. —LISA FREEDMAN





"White moldings brighten up darker shades of red," says Branca, who designed this space.

Color therapy for your home!

TO TURN YOUR HOUSE INTO THE HAPPIEST POSSIBLE PLACE, THROW OPEN THE DOOR TO A FRESH GREEN, A RICH PURPLE, OR THE PUREST SKY BLUE. WHATEVER COLOR YOU DREAM IN, WE CAN HELP YOU MAKE IT HAPPEN. BY ASHLEY NIEDRINGHAUS

Imagine this: You walk through your front door at the end of a blech-y day, and before you even kick off your heels, your mood just... lifts. That's what some color can do for you. Big splashes of paint, clusters of bright accents, even one well-placed rug can make you feel cheery and relaxed. "Color instantly and effortlessly stimulates the parts of our brains that

are connected to emotions," says Susan Biali, M.D., who specializes in stress management. "Bright colors, like a yellow or poppy-red, release serotonin and make us feel good just like *that*." Grab inspiration from the rooms on these pages, plus the doable designer tricks and seriously pretty merch—not a single piece of it over \$100!

THIBAUT JEANSON; FRODO BAGGINS
DECORATOR BY SUSAN BIALI

How to use red

- 1 First, give it a trial run: Paint one wall and see how it looks. Love it? Cover the rest. Or if that's enough, you've got an accent wall.
- 2 For an upscale effect, "mix reds with a chocolate brown," says designer Alessandra Branca, who sprinkled it into the room at left with fabrics and a bordered sisal rug. 3 Or bring a mod vibe with a pop of shiny red, whether as a glossy paint on a side table or a patent-leather ottoman.



Ceramic knobs, \$7.96 for 4; worldmarket.com.

DESIGNER PICKS



Balance a bold crimson with light woods and neutral accents.



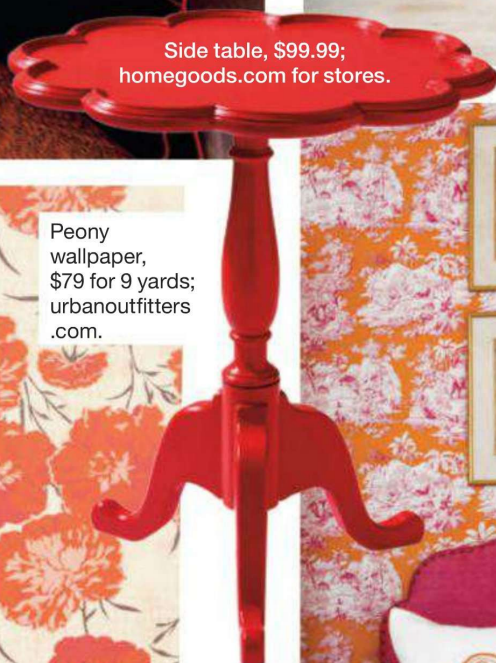
Tullsta chair, \$99; ikea.com.



Pillow, \$80; dwellstudio.com.



Table lamp, \$43; wayfair.com.



Side table, \$99.99; homegoods.com for stores.

Peony wallpaper, \$79 for 9 yards; urbanoutfitters.com.



"White sheets give a clean, crisp look to super-bold wallpaper," says Melissa Ruffy, the designer of this bedroom.



Reflection pool wallpaper,
\$17 per square foot;
eskayel.com.

How to use blue

① This color works with *everything*. On its own, blue is lush and calming. But it's also a strong anchor for bright red, yellow, or green accents. ② Got a small space? Upbeat hues like cobalt and cyan are perfect for making it look bigger and brighter. ③ Navy makes for great accents, but it can darken a room. "Softer blues work well in any light," says designer Anthony Baratta, who did the bedroom below. "I use it all over—bathrooms, dining rooms, everywhere!"

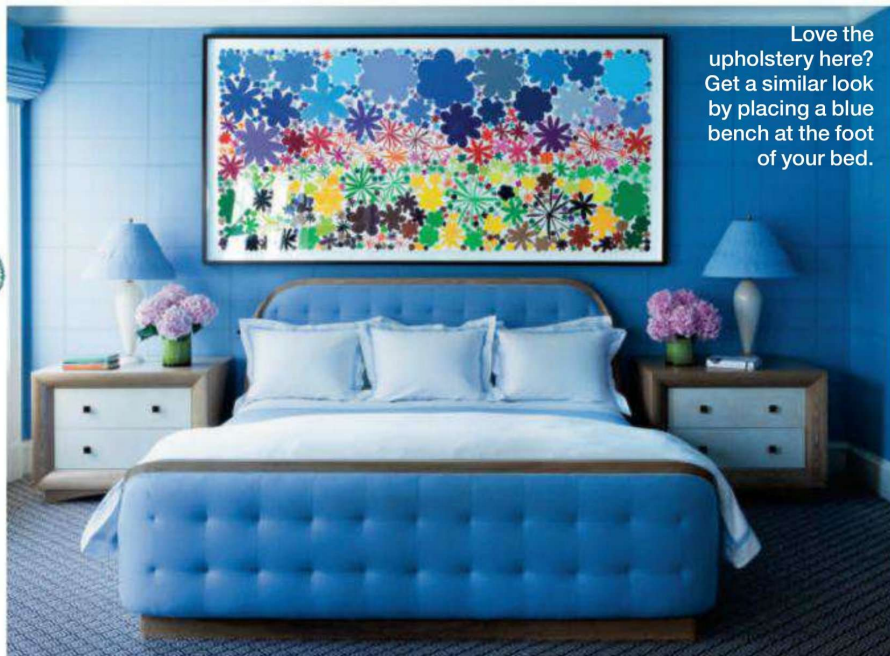


DESIGNER PICKS

Sherwin-Williams
Danube
SW-6830

Benjamin
Moore
California
Breeze 757

Sherwin-Williams
Sapphireberry
2063-60



Love the upholstery here? Get a similar look by placing a blue bench at the foot of your bed.



Side table, \$79;
urbanoutfitters.com.



Hang art with blues that are a shade or two darker than your walls, says designer Bunny Williams, the genius behind this living room. "It creates contrast but still feels like it belongs together."

ROOM, TOP: PETER MARGONELLI. ROOM, BOTTOM: THOMAS LOOF. FROM BE YOUR OWN DECORATOR BY SUSANNA SALK. STILLIS: COURTESY OF MANUFACTURERS.

"Never paint the wood doors in a blue room," says Suzanne Kasler, who designed this space. "Let them stand out like a piece of decor."

ROOM: SIMON WATSON. PILLOW: ALISON GOOTEE/STUDIO D. OTHER STILLS: COURTESY OF MANUFACTURERS.



Think of your closet as an inspiration. If you wear blue a lot, use it in your home!" —Bunny Williams



Marimekko pillow, \$24.95; moddiva.com.



Glass lamp, \$50; pier1.com.



Hand-painted dishes, \$12 each; shopterrain.com.



3-piece table set, \$99.99; homegoods.com for stores.



Designer Colleen McGill's tip for replicating this look: Paint your existing cabinets with a super-high-gloss lavender-blue.



Loon waste basket, \$50; johnrobshaw.com.



Oval terrine, \$45; lecreuset.com.



Don't be afraid of a really deep purple, says this room's designer, Steven Gambrel.

Parsons chair, \$99; homedecorators.com.



Quartz rug, \$84; dashandalbert.com.



Banner pillow, \$70; laylagrayce.com.



Dark floor? Go with a lighter purple on the walls.

How to use purple

1 Purple can stand on its own, but if you're dying to add in another hue, pair it with hunter green (which looks rich) or coral (for a playful contrast). 2 Testing out the monochromatic look? Add interest by mixing in different textures, like a velvety couch or silk lampshades. 3 For a more elegant, understated vibe, skew toward grayish purples and eggplants. They're brilliant for a dining room, living room, or even a chic, not-your-standard office.

DESIGNER PICKS



ROOMS, CLOCKWISE FROM TOP: TED YARWOOD, NGOC MINH NGO, ERIC PIASECKI. STILLS: COURTESY OF MANUFACTURERS.

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Featured: Hallway: Martha Stewart Living™
• Butterscotch. Front room: Martha Stewart Living
* Potter's Clay. Trim: Behr® Ultra Bleached Linen.





Gumdrop lamp, \$99; landofnod.com.

DESIGNER PICKS

Benjamin
Moore
Citron
2024-30

Sherwin-
Williams
Lime Rickey
SW-6717

Clark +
Kensington
Southern
Glow



Balance it out: Fairley used an equal number of green pieces on each side of this room.



For a subtle (but not boring!) effect, choose a yellow with a slightly beige undertone.

How to use yellow and green

1 Mixing patterns is surprisingly easy: Prints, geometrics, and stripes are all fair game if the yellow or green tones look good together. 2 Not into painting? Designer Tobi Fairley, who did the room above, adds color by covering 20 percent of the room in bright accents like chairs, curtains, and clusters of knickknacks. 3 Dark floors balance out a sunny yellow space. For green, anything goes—including a white rug!



Sunburst mirror, \$99; ballarddesigns.com.



Garden gate pillow cover, \$44; cwonder.com



Modular storage unit, \$99.95; cb2.com.



Wire garden stool, \$39.99; homegoods.com for stores.



Argo citron throw, \$95; blisslivinghome.com



Jake chair, \$79; roomandboard.com.

ROOMS: FROM TOP: NANCY NOLAN, MATTHEW MILLMAN. LAMP: STOOL: THROW: ALISON GOOTEE/STUDIO D. OTHER STILL: COURTESY OF MANUFACTURERS.

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Just Add PAINT!

READY FOR A CHANGE? THIS SUMMER, GO BOLD! GRAB A ROLLER, BECAUSE A SIMPLE COAT OF PAINT IS ALL YOU NEED TO GIVE ANY ROOM IN THE HOUSE AN INSTANT, AFFORDABLE MAKEOVER. GET INSPIRED WITH THESE IDEAS FROM **THE HOME DEPOT**.



“Take a page out of your summer wardrobe and add a splash of color to your home. A bold color can make a huge impact in your bathroom or kitchen. But don’t forget a pop of color to accent your dining room or living room.”

—Sarah Fishburne, Director of Trend and Design for The Home Depot

COMMIT TO COLOR!

Love vibrant colors but not sure which direction to take? Start small with the bathroom and paint the walls a bright color that really pops. Try **MARTHA STEWART LIVING BUTTERSCOTCH MSL050**. It provides a fresh twist on orange and works in any space that’s in need of a natural burst of color.

Keep your space balanced by framing the walls with a rich, natural shade on the molding and trim.

CREATE A MOOD.

Choose paint colors that will make you feel comfortable in your own space. Love the ambiance of that cozy cottage from your last vacation? Recreate the mood with a soothing shade of blue in your breakfast nook.

GLIDDEN DEEPEST AQUA GLB24

gets better coverage and richer color in fewer coats, plus it will leave you feeling refreshed and invigorated every time you have your morning tea.

MAKE A STRONG STATEMENT.

Painting your living room a dark purple? Start with a fashion-inspired hue such as **BEHR PLUM SHADE 100F-6** on your walls; use a muted color like **BEHR DARK LILAC 100F-4** on the trim.

This modern twist on the classic white baseboard and window trim will add sleek sophistication to your space. Plus, it’s super chic!

A FEW MORE TIPS...

1 FINISH YOUR PROJECT.

There’s more to paint than just eggshell vs. high-gloss finish. Give your walls a faux bois look with a wood-grain paint roller, or add a luxe look to a bedroom, powder room, or even a dining room with a shimmering metallic shade.

2 MAKE IT CHILD’S PLAY.

Painting a kid’s room? Hand over design decisions to your little one. Set parameters if you want (feel free to declare zebra stripes off-limits), but otherwise let their imagination lead. After all, it’s just paint!

3 GO WITH THE FLOW.

Whenever you choose a color for one room, consider how it works with adjacent rooms that are in the same sight line. Painting the kitchen a warm apricot? Make sure that color harmonizes with the room next door.



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GOOD TO EAT

EASY, HEALTHY FOOD EVERYONE WILL LOVE



Have people over!

Don't overthink summer get-togethers; just send the Evite, throw together one of these menus, and have a drink already.
Plus: Fancy ice pops • Hugh Jackman (he wants to make you coffee)

*The best summer gatherings are laid-back, creative, and a little bit last-minute, just like a good **food blogger!** That's why we asked three of our favorites—**Alice Currah** of *Savory Sweet Life*, **Joy Wilson** of *Joy the Baker*, and **Pam Anderson** of *Three Many Cooks*—to come up with quick, yummy menus that'll keep everyone (host included) happy and relaxed.*

“Everyone’s bringing their kids!” *By Alice Currah*



*“My philosophy on entertaining is to keep it simple yet thoughtful,” says Alice, a mom of three in Seattle and the author of the new cookbook *Savory Sweet Life*. For this all-ages party, that means finger foods and summer classics with a fresh twist (hello, Hawaiian macaroni salad). Another brilliant tip? “Hire a babysitter to watch the younger kids!” These recipes serve 12 people.*

Thai marinated grilled chicken skewers

*Prep time: 20 minutes
Cooking time: 13 minutes*

Chicken and marinade

- 4 lb skinless, boneless chicken breasts, cut into 1-inch cubes
- 1/4 cup soy sauce
- 3 Tbsp firmly packed dark brown sugar
- 2 Tbsp each canola oil and fresh lime juice
- 1 Tbsp curry powder
- 1 Tbsp minced garlic
- 1 tsp finely minced fresh ginger
- 1/2 tsp ground cardamom
- Peanut-coconut sauce**
- 1 (13.5-oz) can coconut milk
- 1/2 cup creamy peanut butter
- 1/4 cup firmly packed dark brown sugar
- 2 Tbsp soy sauce
- 1 1/2 tsp red curry paste

1. Place chicken in a large bowl. In a 2-cup glass measuring cup, whisk together all the marinade ingredients. Pour marinade over chicken

and toss with your hands to coat chicken well. Cover and refrigerate 1 hour.

- 2. Soak 24 wooden skewers in cold water for 15 minutes to prevent them from burning.
- 3. In a medium saucepan, whisk all the sauce ingredients to combine.
- 4. Prepare an outdoor grill or coat a grill pan with nonstick cooking spray and heat over medium heat. Thread 4 pieces of chicken onto each skewer. Grill chicken 3 to 4 minutes per side. Remove skewers from heat and let rest a few minutes.
- 5. Heat sauce over medium heat 3 to 5 minutes, stirring occasionally, until hot. Serve chicken skewers with sauce.

Makes 12 servings.

Hawaiian plate-lunch macaroni salad

*Prep time: 20 minutes
Cooking time: 8 minutes*

- 1 lb red potatoes, scrubbed, cut into 1-inch cubes

- 8 oz elbow macaroni
- 1 1/2 cups each chopped celery and mayonnaise
- 1 cup each chopped dill pickles and shredded carrots
- 3 hard-boiled eggs, chopped
- 1/2 lb cooked ham, cut into 1/3-inch cubes
- 1/2 cup each chopped red onion and thawed frozen peas
- 1 Tbsp Dijon mustard
- 1-2 tsp seasoned salt (such as Lawry's)
- 1/2 tsp ground black pepper

- 1. Heat 2 large saucepans of water to boiling. Add potatoes to one and macaroni to the other. Cook both about 8 minutes; drain well.
- 2. In a large bowl, toss pasta and potatoes with remaining ingredients to combine. Refrigerate, covered, for about 1 hour so flavors can meld. Remove from refrigerator 15 minutes before serving.

Makes 12 servings.

Peanut-butter-cup brownie bites

*Prep time: 30 minutes
Cooking time: 18 minutes*

- 3/4 cup all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1/2 tsp salt
- 3/4 cup each white sugar and packed brown sugar
- 3/4 cup (1 1/2 sticks) unsalted butter, melted



- 2 tsp vanilla extract
- 2 large eggs
- 36 Reese's Minis peanut butter cups (smaller than miniatures)

- 1. Heat oven to 350°F. Generously spray nonstick cooking spray onto a paper towel and wipe the top of a 24- and a 12-cup mini muffin pan. Line the tins with paper liners.
- 2. In a small bowl, combine flour, cocoa powder, and salt.
- 3. In a large bowl, beat sugars, butter, and vanilla to combine. Beat in eggs one at a time. Gradually beat in flour mixture on low speed until just combined.

CURRAH: COURTESY OF SUBJECT; MODERN CUTLERY SET IN BANANA, COLORED UTENSIL SPOON IN LIME CORE BAMBOO, YARN-DYED NAPKIN SET, PEACOCK WEST ELM.



4. Fill each liner no more than $\frac{2}{3}$ full with batter. Place a peanut butter cup in the center of each, pressing down lightly until almost level with the batter. Bake 15 to 18 minutes or until a toothpick inserted into a brownie comes out clean. Let cool in pan on a wire rack 5 minutes. Remove brownies from pan and finish cooling on a wire rack.

Makes 36 brownie bites.

Blackberry mint lemonade

Prep time: 10 minutes

Cooking time: 3 minutes

- 3 cups water
- 1 cup sugar
- 27 mint leaves, torn
- 3 cups fresh blackberries
- 6 mint sprigs
- 6 cups lemonade

1. In a medium saucepan, heat water and sugar to boiling. Stir until sugar is dissolved, then turn off heat. Add mint leaves and stir. Let mixture cool, then refrigerate simple syrup until cold.

2. Put blackberries in a blender. Place a strainer over the mouth of the blender and pour simple syrup in. Discard mint leaves. Blend on low speed a few seconds at a time, just enough

to break berries apart but not enough to puree them.

3. Fill a glass pitcher halfway with ice. Add 3 of the mint sprigs to pitcher. Pour half of the lemonade and half of the blackberry mixture over ice. Stir and add more ice if necessary. Repeat with a second pitcher using the remaining ingredients. For spiked lemonade, add a shot of lemon vodka per glass.

Makes 12 tall glasses.

ROUND THINGS OUT WITH...

Watermelon-feta salad:

Combine 6 cups cubed watermelon, some thinly sliced red onion, chopped fresh mint, a little extra-virgin olive oil, and fresh lime juice. Top with crumbled feta.

Homemade kettle corn:

Cook $\frac{1}{2}$ cup popcorn and $\frac{1}{3}$ cup sugar in $\frac{1}{4}$ cup hot oil 3 to 4 minutes in a covered pot, shaking every few seconds. Sprinkle with salt and serve immediately.



Girlfriend cocktails

By Joy Wilson

REDBOOK readers are hosting 1,000 girlfriend parties around the country on June 23. We hope you will too! Go to redbookmag.com/happyhour for tips and ideas.



Any time you can get all your besties in one room, it's cause for celebration. So serve up this spread from Los Angeles-based blogger Joy Wilson, author of *Joy the Baker Cookbook*. "Food is how I show I care about people," she says. "If that means pulling out the food processor, I'm happy to do it." These recipes make enough for 12.

Spinach-mint pesto toasts

Prep time: 20 minutes
Cooking time: 10 minutes

- 1 baguette, ends trimmed, cut into 24 ½-inch-thick diagonal slices
- 4 cups packed fresh spinach leaves
- ½ cup packed fresh mint leaves

Recipes continue ➔



pheels like summer

Strawberry Cheesecake Ice Cream

Prep Time: 20 mins. | Total Time: 20 mins. (plus freezing)

Makes: 8 servings, about ½ cup each

- 1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened
- 1 can (14 oz.) sweetened condensed milk
- ½ cup whipping cream
- 2 tsp. lemon zest
- 1 ½ cups fresh strawberries
- 3 HONEY MAID Honey Grahams, coarsely chopped

- 1 MIX** first 4 ingredients with mixer until well blended. Freeze 4 hours or until almost solid.
- 2 BEAT** cream cheese mixture with mixer until creamy. Blend berries in blender until smooth. Add to cream cheese mixture with chopped grahams; mix well. Freeze 8 hours or until firm.
- 3 REMOVE** dessert from freezer 15 min. before serving; let stand at room temperature to soften slightly before scooping into dishes.

pheel
the moment



- 1/2 cup freshly grated Parmesan cheese
- 1/3 cup walnuts, toasted
- 1 garlic clove, minced
- 1 tsp grated lemon zest
- 2 tsp fresh lemon juice
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1/2 cup plus 2 Tbsp extra-virgin olive oil
- 12 slices prosciutto, halved lengthwise
- 4 oz soft goat cheese, crumbled

1. Position oven racks to divide oven into thirds. Heat oven to 375°F. Arrange baguette slices in a single layer on 2 baking sheets and spray with olive oil cooking spray. Bake 10 minutes or until toasted but not browned. Let cool.

2. In a food processor, combine spinach, mint, Parmesan, walnuts, garlic, lemon zest, lemon juice, salt, and pepper. Process until spinach is finely chopped. With processor running, drizzle in 1/2 cup of the olive oil. (Plan-ahead tip: Make

the pesto a day in advance and refrigerate, covered.)

3. Just before serving, assemble toasts. Spread each toast with 2 tsp pesto. (Save any leftovers in the fridge.) Top each with a piece of prosciutto and sprinkle with goat cheese. Drizzle toasts with remaining 2 Tbsp olive oil. Finish with freshly ground black pepper.

Makes 24 toasts.

Sweet and savory Brie puffs

Prep time: 30 minutes

Cooking time: 20 minutes

- 3 Tbsp good-quality strawberry or raspberry jam
- 2 Tbsp dried cranberries, very finely chopped
- 1 (14-oz) package frozen all-butter puff pastry, thawed
- 1 large egg, beaten with 1 tsp water
- 3 Tbsp whole-grain mustard
- 1 (6-oz) wedge Brie cheese, cut into 32 3/4-inch cubes

1. Position oven racks to divide oven into thirds. Heat oven to 375°F. Line 2 rimmed baking

sheets with parchment paper. In a small bowl, mix together jam and cranberries.

2. On a floured surface, with a floured rolling pin, roll puff pastry to 16x16 inches. Cut into 4 8-inch squares. Lightly brush squares one at a time with egg mixture. Cut each into 4 strips, then cut strips in half crosswise, making 8 rectangles. Place a piece of Brie on the bottom half of each rectangle, 1/2 inch from the edge. Top each with a scant 1/4 tsp each of the mustard and the jam mixture. Fold uncovered half of pastry over Brie so edges meet. With floured hands, press firmly to seal. Using a floured fork, press edges to seal. Place puffs on baking sheets about 1 inch apart. Repeat with remaining pastry and ingredients. Then freeze for 10 minutes. (Plan-ahead tip: Assemble these a day in advance and refrigerate—you can skip the freezing step.)

3. Brush puffs with remaining egg mixture. Bake about 20 minutes, rotating sheets 180 degrees halfway through, until well browned. Let cool 5 minutes before serving warm.

Makes 32 puffs.

Pineapple bourbon punch

Prep time: 10 minutes

Cooking time: 2 minutes

- 1/2 cup water
- 1/4 cup honey
- 12 maraschino cherries, stems removed, coarsely chopped
- 4 cups pineapple juice
- 1 cup fresh orange juice
- 2 1/2-3 cups bourbon
- 2 cups club soda, chilled
- Ice cubes
- 12 maraschino cherries with stems, for garnish

1. Combine water and honey in a small saucepan and cook over medium heat, stirring, until honey dissolves, about 2 minutes. Add chopped cherries and let stand until cool. (Plan-ahead tip: Make honey syrup a few days in advance and store in the refrigerator.)

2. In a large pitcher, combine honey syrup, pineapple juice,

orange juice, and bourbon; stir to mix. Refrigerate until cold.

3. Just before serving, add club soda and stir gently to combine. Fill glasses with ice. Pour punch over ice and garnish with cherries.

Makes 12 drinks.

ROUND THINGS OUT WITH...

Hummus drizzled with extra-virgin olive oil, sea salt, and freshly ground coarse black pepper. Serve with less-expected crudités like lightly steamed asparagus, endive leaves, and zucchini and yellow squash spears.

Store-bought baked sweet potato fries

(try chipotle-flavored or salt-and-pepper ones) served with a creamy dip—stir chopped fresh herbs, fresh lemon juice, ground cumin, coarse salt, and freshly ground black pepper into plain Greek yogurt.

Mini summer trifles:

Cut up store-bought pound cake and put into glasses. Toss chunks of peaches and blueberries with some sugar to make a juicy syrup, and spoon it over the pound cake. Top with lightly sweetened whipped cream.



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Concert-in-the-park picnic

By Pam Anderson



The secret to a great picnic is not to slave over the prep work, says Pam, who lives in Darien, CT, and writes the Three Many Cooks blog with daughters Maggy and Sharon. "Make a few dishes from scratch, but fill them in with good-quality store-bought things." These recipes make enough for 8.

Gazpacho, Italian-style

Prep time: 20 minutes
Chilling time: 4 hours
(or overnight)

- 2 lb ripe tomatoes
- 1 (14.5-oz) can fire-roasted diced tomatoes, undrained
- $\frac{3}{4}$ cup water
- 2 Tbsp extra-virgin olive oil

Recipes continue ➔

ANDERSON: COURTESY OF SUBJECT; DOT BEACH BLANKET, HANDMADE WOOD CUTTING BOARD: CANVAS; SHOP.CANVASHOMESTORE.COM; WHITEWASH MODERN WEAVE COLLECTION HARVEST BASKET, BLUE SPLATTER DINNERWARE SET, SLATE-AND-WOOD BOARD: WEST ELM; GRAPHIC STRIPES FORK SET: SUCRE; ETSY.COM/SHOP/SUCREANDSPICE.



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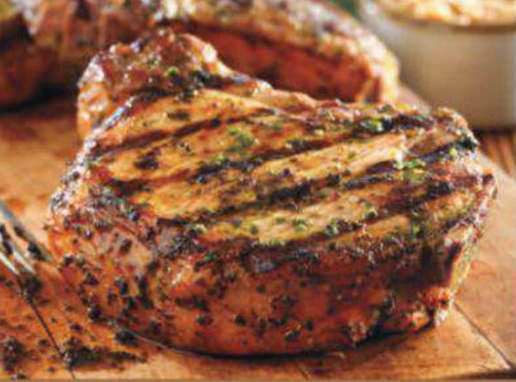
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Grilled Pork Chops with Basil-Garlic Rub

Prep Time: 20 to 30 minutes

Cook Time: 10 to 12 minutes

INGREDIENTS

4 pork bone-in rib chops, $\frac{3}{4}$ -in. thick
2 garlic cloves, peeled
1 c. fresh basil leaves, packed
2 tbsp. fresh lemon juice
2 tbsp. extra-virgin olive oil
1 tsp. coarse salt
 $\frac{1}{2}$ tsp. freshly ground black pepper

DIRECTIONS

With machine running, drop garlic through feed tube of food processor to mince. Stop, add fresh basil, and process until chopped. Add lemon juice, oil, salt and pepper; process to make thin, wet rub. Spread both sides of pork chops with basil mixture. Let stand 15 to 30 minutes.

Prepare medium-hot fire in grill. Brush grate clean and oil the grate. Grill chops over direct heat, turning once, to medium-rare doneness, 5 to 6 minutes per side, or until internal temperature reaches 145°F, followed by 3-minute rest.

Serves 4



Scan this QR Code for inspired
marinade, rub, and glaze tips.



Be inspired

PorkBeInspired.com



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SUMMER PARTIES

- 1 (15- or 16-oz) can small white beans, drained, rinsed
- $\frac{1}{2}$ cup each finely diced red onion, mixed roasted red and yellow bell peppers, chopped pitted kalamata olives, and chopped marinated artichoke hearts
- 2 medium garlic cloves, minced
- 2 Tbsp red wine vinegar
- $\frac{1}{2}$ tsp kosher salt
- $\frac{1}{4}$ tsp freshly ground black pepper
- Fresh basil sprigs or shredded basil

1. Cut $\frac{1}{2}$ lb of the tomatoes into chunks. In a blender, combine tomato chunks, canned tomatoes, water, and olive oil. Blend until smooth. Pour into a large bowl.
2. Seed and chop remaining fresh tomatoes. Add to bowl along with remaining ingredients. Stir, cover, and refrigerate until cold, 4 hours or overnight.

Makes 8 servings.

Smoked salmon flatbread pizzas

Prep time: 20 minutes

Cooking time: 5 minutes

- 1 (12-oz) package naan (4 breads)
- 6 oz light cream cheese (like Neufchâtel), softened
- 2 oz crème fraîche
- 2 Tbsp each chopped, drained capers; finely diced red onion; and chopped fresh dill
- 1 Tbsp prepared horseradish
- $\frac{1}{2}$ tsp finely grated lemon zest
- $\frac{1}{2}$ lb thinly sliced smoked salmon
- Garnishes: Whole capers, more chopped fresh dill, salmon roe, and lemon wedges

1. Heat oven to 400°F. Place breads directly on the middle oven rack and bake until hot, about 5 minutes.
2. Meanwhile, in a small bowl, stir together cream cheese, crème fraîche, chopped capers, onion, chopped dill, horseradish, and lemon zest until combined.
3. Spread cream cheese mixture on breads. Top with smoked salmon. Sprinkle with whole capers, dill, and salmon roe and serve with lemon wedges. Wrap in foil until ready to serve (or bring flatbreads, cream cheese spread, salmon, and garnishes in separate containers and let guests assemble their own pizzas).

Makes 8 servings.

Orange-almond cookies

Prep time: 25 minutes

Cooking time: 15 minutes

- 1 cup all-purpose flour
- $\frac{3}{4}$ cup confectioners' sugar
- 1 tsp finely grated orange zest
- Pinch of salt

- $\frac{1}{2}$ cup (1 stick) unsalted butter, softened, cut into 8 pieces
- $\frac{1}{4}$ tsp almond extract

1. Heat oven to 350°F. Line a baking sheet with parchment paper.
2. In a medium bowl, mix flour, $\frac{1}{4}$ cup of the sugar, orange zest, and salt. Add butter and almond extract. Mix with hands or a wooden spoon until dough is smooth.
3. Roll 24 teaspoonfuls of dough into balls, arranging them $1\frac{1}{2}$ inches apart on sheet. Bake 15 minutes or until golden brown on the bottoms. Let cookies cool on baking sheet 2 minutes; remove to a wire rack to cool completely.
4. Place the remaining $\frac{1}{2}$ cup sugar in a quart-size zip-top bag. Add half the cookies, seal bag, and turn back and forth to coat cookies. Repeat with remaining cookies.

Makes 24 cookies.

ROUND THINGS OUT WITH...

Italian cheeses: Pam loves to serve Fontina, Taleggio, and chunks of Parmigiano-Reggiano with red grapes and mixed olives.

A Bibb lettuce salad with cucumbers, radishes, chopped hard-boiled eggs, fresh chives, and lemon vinaigrette.

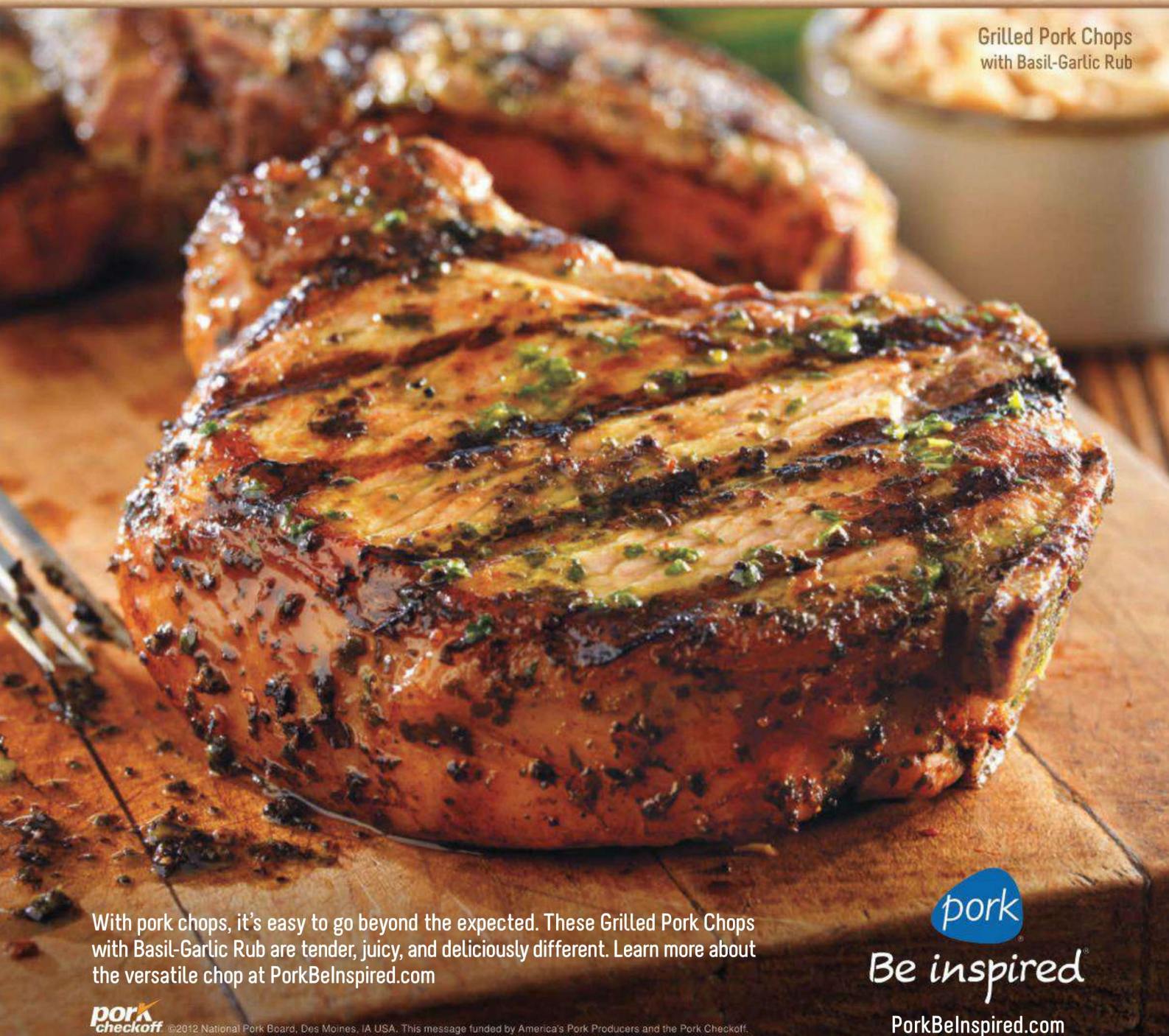
Wine-marinated berries: Mix 2 lb strawberries, $\frac{1}{4}$ cup riesling, and $\frac{1}{4}$ cup sugar in a large bowl until sugar dissolves. Let stand 30 minutes or up to 3 hours. Just before serving, gently stir in some raspberries and blackberries.





Be inventive

Grilled Pork Chops
with Basil-Garlic Rub



With pork chops, it's easy to go beyond the expected. These Grilled Pork Chops with Basil-Garlic Rub are tender, juicy, and deliciously different. Learn more about the versatile chop at PorkBelInspired.com



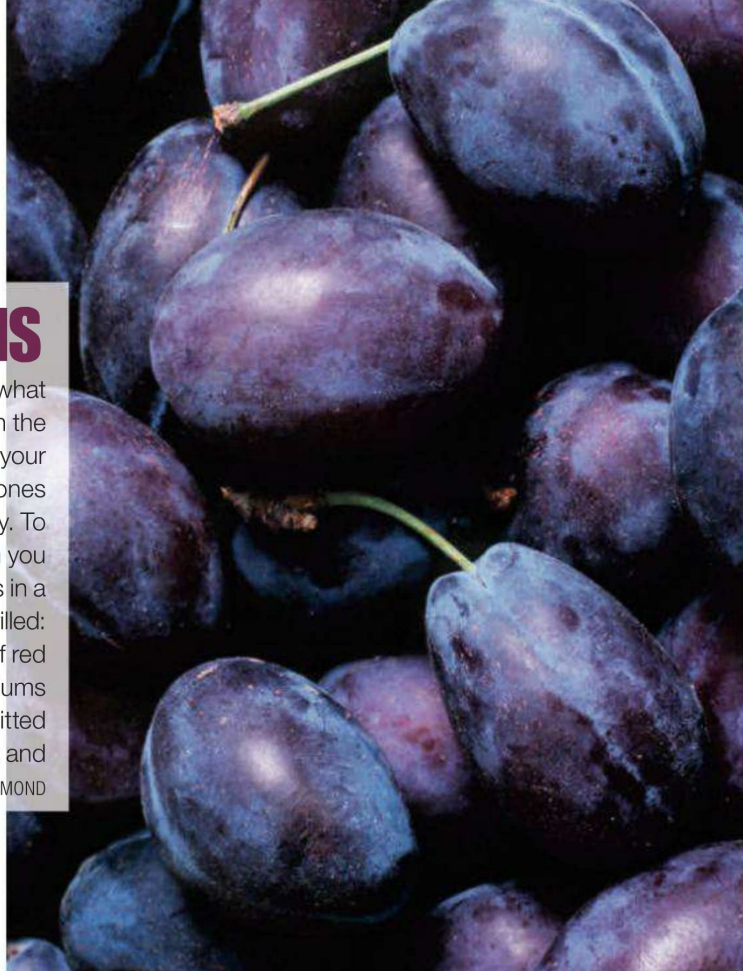
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JULY'S SUPERFOOD: **PLUMS**

Even the ancient Romans loved plums, and here's what they didn't know: These juicy little gems are loaded with the antioxidant vitamin A, which your body uses to protect your eyesight, boost immunity, and keep your skin and bones healthy, says Megan Madden, a dietitian in New York City. To pick the perfect plum, look for one that yields a bit when you poke it and feels soft at the tip; you can ripen still-hard fruits in a paper sack on your counter. Madden loves eating plums grilled: Just quarter and thread them onto skewers with chunks of red onion and chicken or shrimp. You could also try grilled plums over light vanilla ice cream for dessert. Or keep raw, pitted plums in the freezer and puree them with low-fat yogurt and one or two other fruits for a smoothie. —CHRISTINE RICHMOND



Blue Bunny Champ! Snack Size Ice Cream Cones

**140 calories,
8 g fat per cone**

Like the ice cream cones you remember having as a kid—but smaller and easier on the waistline. One tester said it best: “Hooray for snack size! Just the right portion.”



Organicville Caramel Swirl Organic Low Fat Ice Cream

120 calories, 3 g fat per ½-cup serving You never know what you're going to get when you reach for a diet-friendly ice cream, but this one was so rich and full-flavored, at least one tester thought we were pulling a fast one: “No way this is low-fat.”



Ciao Bella Adonia Greek Frozen Yogurt Bars in Peach

75 calories, 0 g fat per bar Just like regular Greek yogurt, these dessert bars contain healthy bacteria to aid digestion and boost your immune system, plus 5 grams of filling protein (as much as an ounce of turkey). Our testers loved the “super-creamy, really peachy” flavor.



Cadbury Caramello Ice Cream Bars

160 calories, 8 g fat per bar If you want something decadent, this mini bar is the way to go. Despite the reasonable size and calorie count, one tester thought it was “so yummy and rich, I couldn't finish it!”



Ben & Jerry's Greek Frozen Yogurt in Banana Peanut Butter

210 calories, 8 g fat per ½-cup serving If you're looking for something truly light, Ben and Jerry aren't your dudes. But at least you get healthy bacteria and protein in their new Greek yogurt varieties. And wow, are they good: “Like Pinkberry fro-yo on crack,” said one tester. “Tart, sweet, and creamy.”

Healthy upgrade for your summer cocktail: Freeze berries and water in your ice cube tray, then pop a few into a drink for an antioxidant/fiber boost.

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HUNGRY GIRL'S FOOD FIX

The best & worst foods of summer

Whose idea was it to put cookouts and street fairs in the same season as swimsuits? Hungry Girl Lisa Lillien helps you enjoy and still fit into your tankini.



AT A BARBECUE

Eat this... Lean protein is your BFF (barbecue friend forever): Grilled chicken breast, seafood skewers, and veggie burgers are all great options. When I've just gotta have a real hamburger, I ditch the bun and eat it over a salad. Load it up with pickles, mustard, ketchup, tomato, and onion—I don't even miss the roll. As for sides, stick with sliced veggies, green salads, or fresh fruit.

But skip this... Avoid mayo- and oil-drenched sides. Even a small serving of traditional potato salad can pack more than 15 grams of fat. And don't be fooled by the coleslaw—the main ingredient may be cabbage, but it still has as many calories as a small order of fries.



AT THE BEACH

Eat this... Want some crunchy snacks that'll hold up in the heat? You'll save 5 grams of fat by choosing an ounce of Mediterranean Snacks Baked Lentil Chips instead of Doritos. Other smart picks: Glenny's Soy Crisps, Kettle Brand Baked Potato Chips, and Popchips. If you're thirsty and want something that has a little flavor, pour a sugar-free powdered drink mix, like Crystal Light, into your bottled water. You'll sip 5 calories per serving compared with more than 100 in a can of regular soda.

But skip this... Potato chips. There's about 10 grams of fat in an ounce, and it's too easy to clean out the bag. As for those slushies everyone's always drinking on the boardwalk, they're basically just ice and sugary syrup, and a 12-ounce serving can have more than 350 calories—that's almost lunch.



AT THE FAIR

Eat this... Cotton candy isn't exactly nutritious, but a small cone or bag has a reasonable 100 calories and zero fat. A frozen chocolate-covered banana isn't a bad bet either: 240 calories and 4 grams of fat (just skip the nuts). But my favorite treats at the fair are definitely jumbo pickles. They're fat-free and around 25 calories.

But skip this... Funnel cake. That fried, doughy mess contains about 550 calories and 25 grams of fat. And the average foot-long hot dog on a bun has a whopping 550 calories and 35 grams of fat. Bad dog!

Want more? Sign up for Hungry Girl's free email newsletters at hungry-girl.com to get new guilt-free recipes, tips, and tricks every day.

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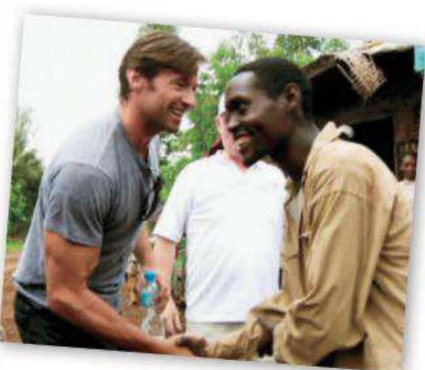
WHAT I KNOW ABOUT FOOD

Hugh Jackman

He acts, he sings, he dances! And now the Australian superstar is... taking barista lessons?



We'll take a latte... and the hottie in the window.



"We pay a more than fair price to farmers like Dukale [above, with Hugh in 2009] for our coffee, and we *know* it's organic."



"One of my inspirations for Laughing Man was Paul Newman. He created a business that gives back in so many ways, and he did it perfectly."

My coffee company and New York City café, Laughing Man, does more than just caffeinate. I was in Ethiopia for World Vision [an organization that helps impoverished families worldwide] and spent a day with a coffee farmer named Dukale. He has six kids, works so hard, and is such a happy guy. It got me thinking that giving people a hand up, not a handout, is the way forward. I promised to help him, and Laughing Man is the result. All of our proceeds go to World Vision and similar organizations. (To order coffee or tea, go to livelLaughingman.com.)

Australians are coffee snobs. An influx of Italian immigrants after World War II ensured that—we probably had the word *cappuccino* about 20 years before America. Café culture is really big for Aussies. We like to work hard, but we take our leisure time seriously.

Hanging out with chefs is inspiring. My friend Jean-Georges [Vongerichten] taught me that good produce makes all the difference in a meal. He shops at a farmers market every day, and he gets so excited about the look and smell of the radishes he buys. My food isn't nearly as good as his, but at least I know where to shop!

Breakfast is my specialty. I admit it's the easiest meal to cook, but I make everything with a twist, like lemon ricotta pancakes or bacon that's baked instead of fried. (Go to redbookmag.com/hugh for his recipes.) —AS TOLD TO BRITTANY BURKE



"Australians have a coffee called a flat white. It's like a latte, but the milk is smooth, not foamy, so it tastes stronger and creamier."



"My 11-year-old son is an amazing cook. He woke up yesterday and made banana bread from scratch."

4 THINGS YOU'LL ALWAYS FIND IN MY KITCHEN

A COFFEE GRINDER



"I love the smell of ground coffee, so I have to do it myself."

A BREAD MACHINE



"I put everything in at night, and it's ready to bake in the morning. I like wheat bread with nuts and raisins."

THROAT COAT TEA



"My friend Sting introduced me to it, and now I think if I don't have it, I won't be able to sing. It's totally neurotic."

DARK CHOCOLATE



"70 percent or more, to eat late at night with my Throat Coat tea."



Breyers
BLASTS!

**Exploding with your family's
favorite cookies and candies.**



SHOP THE ISSUE

5 TRICKS TO... SUMMER-PROOF MAKEUP

PAGE 50: Laura Mercier Secret Brightening **Powder**, \$22; Neiman Marcus, Nordstrom, Saks Fifth Avenue, lauramercier.com. Anastasia Beverly Hills Lash Genius **top coat**, \$21; anastasia.net, sephora.com. Make Up For Ever Aqua Eyes **liner**, \$18; Make Up For Ever Boutiques, Sephora, sephora.com. Philosophy The Supernatural Poreless **Primer**, \$30; philosophy.com. Boscia Green Tea **Blotting Linens**, \$10; boscia skincare.com, sephora.com.

BEAUTY SHOPPER

PAGE 52: Bulgari Mon Jasmin Noir L'eau Exquise **fragrance**, \$75; Bulgari boutiques, Nordstrom, bulgari.com, nordstrom.com. Clarins Instant Smooth Crystal **Lip Balm**, \$24.50; Clarins counters nationwide, clarinsusa.com. Lancôme Bamboo **Bronzer**, \$46; Lancôme counters nationwide, lancome-usa.com. It's A 10 Miracle **Deep Conditioner** Plus Keratin, \$20; itsa10haircare.com. Essie **Nail Polish**, \$8; essie.com. Moroccanoil **Body Soufflé**, \$52; Bluemercury, Fred Segal. Simply Vera Vera Wang Transforming **Shadow Duo**, \$19.50; Kohl's, kohls.com.

BEAUTY NEWS

PAGE 54: The Body Shop DragonFruit **Lip Butter**, \$6, and Limited Edition Mini Hi-Shine **Lip Treatment**, \$5; The Body Shop, thebodyshop-usa.com.

YOUR PLAN FOR YOUNGER-LOOKING EYES

PAGE 57: Patricia Wexler M.D. Dermatology Intensive Retinol **Eye Treatment** with MMPi-20, \$35; bathandbodyworks.com, patriciawexlermd.com. Kiehl's Ultra Moisturizing **Eye Stick** SPF 30, \$20; kiehls.com. Lancôme Bi-Facil Double Action **Makeup Remover**, \$26; lancome-usa.com.

THE MOST FUN YOU CAN HAVE IN CLOTHES

PAGE 110: Ann Taylor **top**, \$58; annataylor.com. Victor by

Victor Alfaro **necklace**, \$58; bonton.com. Mango **pants**, \$65; mango.com. Arturo Chiang **sandals**, \$59; Dillard's.

PAGE 111: Michael Stars **tank**, \$39; michaelstars.com. Elk **necklace**, \$75; elkaccessories.com. Express **rings**, \$26.90 each; Express, express.com. Kardashian Collection **skirt**, \$38.99; sears.com. Bakers **heels**, \$80; Bakers, bakersshoes.com.

PAGE 112: eShakti **top**, \$44.95; eshakti.com. Kris Nations **necklace**, \$78; krisnations.com. Talbots **shorts**, \$49.50; talbots.com.

PAGE 113: Forrest & Bob **T-shirt**, \$35; us.forrestandbob.com. Old Navy **cardigan**, \$15; oldnavy.com. Marcia Moran pendant **necklace**, \$98; shop-marcia.moran.com. Alisa Michelle fortune cookie **necklace**, \$98; alisamichelle.com. Spring Street **cuff**, \$24; springstreetdesign.com. Amanda Christine **skirt**, \$98; amandachristinedesigns.com. Madeline Girl **heels**, \$69; musthaveshoes.com.

PAGE 114: Lulu's **dress**, \$44; lulus.com. Bensimon **sneakers**, \$80; bensimonusa.com.

PAGE 115: French connection **dress**, \$88; French Connection, New York City, 212-219-1197. Wimberly Inc. **necklace**, \$42; wimberlyinc.com. Fantasy Jewelry Box **bracelets**, \$23.95 each; fantasyljewelrybox.com. Mia **wedges**, \$49; miashoes.com.

PAGE 116: Block Headwear **hat**, \$60; blockheadwear.com. American Eagle Outfitters **top**, \$39.50; ae.com. Mango **blazer**, \$99.99; mango.com. Blee Inara **necklaces**, \$70 each; bleeinara.com. Club Monaco **belt**, \$59; clubmonaco.com. Betty Carré **ring**, \$99; bettycarre.com. Calvin Klein Jeans **shorts**, \$49.50; calvinklein.com.

PAGE 117: Burlington Coat Factory **dress**, \$39.99; Burlington Coat Factory. Converse **sunglasses**, \$59; converse.com. H&M **heels**, \$34.95; hm.com for stores. MMS Design studio **clutch**, \$49.99; littleblackbag.com.

LOVELY, LAZY WEEKEND HAIR

PAGE 121: Sta-Rite **Hair Pins**, \$2.29; Sally Beauty

Supply. Biolage Fortethérapie Intensive Strengthening **Masque**, \$16; matrix.com for salon locations.

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Piña colada

Prep time: 5 minutes
Freeze time: 24 hours

- 2 cups fresh sweet pineapple chunks (about 12 oz)
- 1 (15-oz) can sweetened cream of coconut (like Coco Lopez)
- 1 cup pineapple juice
- 1/4 cup light rum or coconut rum (like Malibu), optional
- 2 Tbsp fresh lime juice
- Pinch of salt

Puree ingredients in a blender until smooth and transfer mixture to a large glass measure or pitcher. **Pour** into 10 3-oz pop molds and **insert** sticks. **Freeze** at least 24 hours before unmolding.



Pink cosmo-lemonade

Prep time: 5 minutes
Freeze time: 24 hours

- 3 1/2 cups prepared pink lemonade
- 1/4 cup vodka, optional
- 2 Tbsp triple sec orange liqueur, optional
- 2 Tbsp fresh lime juice
- Pinch of salt

Whisk ingredients in a large glass measure or pitcher until combined. **Pour** into 10 3-oz pop molds and **insert** sticks. **Freeze** at least 24 hours before unmolding.



Watermelon-blackberry

Prep time: 10 minutes
Freeze time: 24 hours

- 15-20 blackberries, halved crosswise
- 2 lb seedless watermelon chunks (6 cups)
- 2-3 Tbsp superfine sugar (depending on sweetness of melon)
- 2 Tbsp fresh lime juice
- Pinch of salt

Place 3 to 5 blackberry halves into each of 10 3-oz pop molds. **Puree** remaining ingredients in a blender until smooth, then transfer mixture to a large glass measure or pitcher. **Skim off** and discard foam from surface. **Pour** into prepared molds and **insert** sticks. **Freeze** at least 24 hours before unmolding.



Double melon*

Prep time: 10 minutes
Freeze time: 24 hours

Cantaloupe layer:

- 3 cups fresh ripe cantaloupe chunks
- 2 Tbsp fresh lemon juice
- 2-3 Tbsp superfine sugar (depending on sweetness of melon)

Pinch of salt

Honeydew layer:

- 3 cups fresh ripe honeydew chunks
- 2 Tbsp fresh lime juice
- 2-3 Tbsp superfine sugar (depending on sweetness of melon)

Pinch of salt

Puree ingredients for cantaloupe layer in a blender until smooth, then **fill** 10 3-oz pop molds halfway (about 1/4 cup each). **Freeze** 30 minutes or until partially frozen. Meanwhile, **puree** ingredients for honeydew layer in a blender until smooth. **Pour** over partially frozen cantaloupe layer and **insert** sticks. **Freeze** at least 24 hours before unmolding.



Blueberry curacao-melon*

Prep time: 15 minutes
Freeze time: 24 hours

Blueberry layer:

- 1/2 pint fresh blueberries (1 cup)
- 1 cup blueberry juice cocktail (such as Ocean Spray)
- 2-3 Tbsp superfine sugar (depending on sweetness of berries)
- 2 Tbsp blue curacao, optional
- 2 Tbsp each plain nonfat yogurt and fresh lime juice

Pinch of salt

Cantaloupe layer: See recipe above.

Combine blueberries, juice, and sugar in a small saucepan and bring to a boil. Reduce heat and **simmer** 2 minutes, or until berries split. Remove from heat and **cool** to room temperature. **Pour** mixture into a blender and add blue curacao, yogurt, lime juice, and salt. **Puree** until smooth. **Fill** 10 3-oz pop molds halfway (about 1/4 cup each). **Freeze** 30 minutes or until partially frozen. Meanwhile, **prepare** cantaloupe mixture. **Pour** over partially frozen blueberry layer and **insert** sticks. **Freeze** at least 24 hours before unmolding.

*To make two-tone pops into single-flavor ones, double the ingredients of the desired flavor, insert sticks, and freeze 24 hours before unmolding.

—RECIPES BY FRANK P. MELODIA

Freeze! It's a stickup!

These exotic pops are easy, fruity, and a few are even boozy, so you can *really* chill out.

➤ *For recipes, see previous page.*

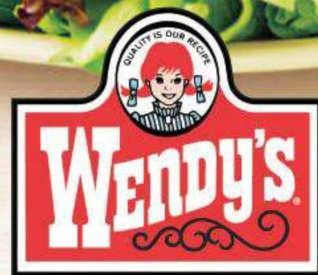
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the summer!
(but don't squish
the berries.)

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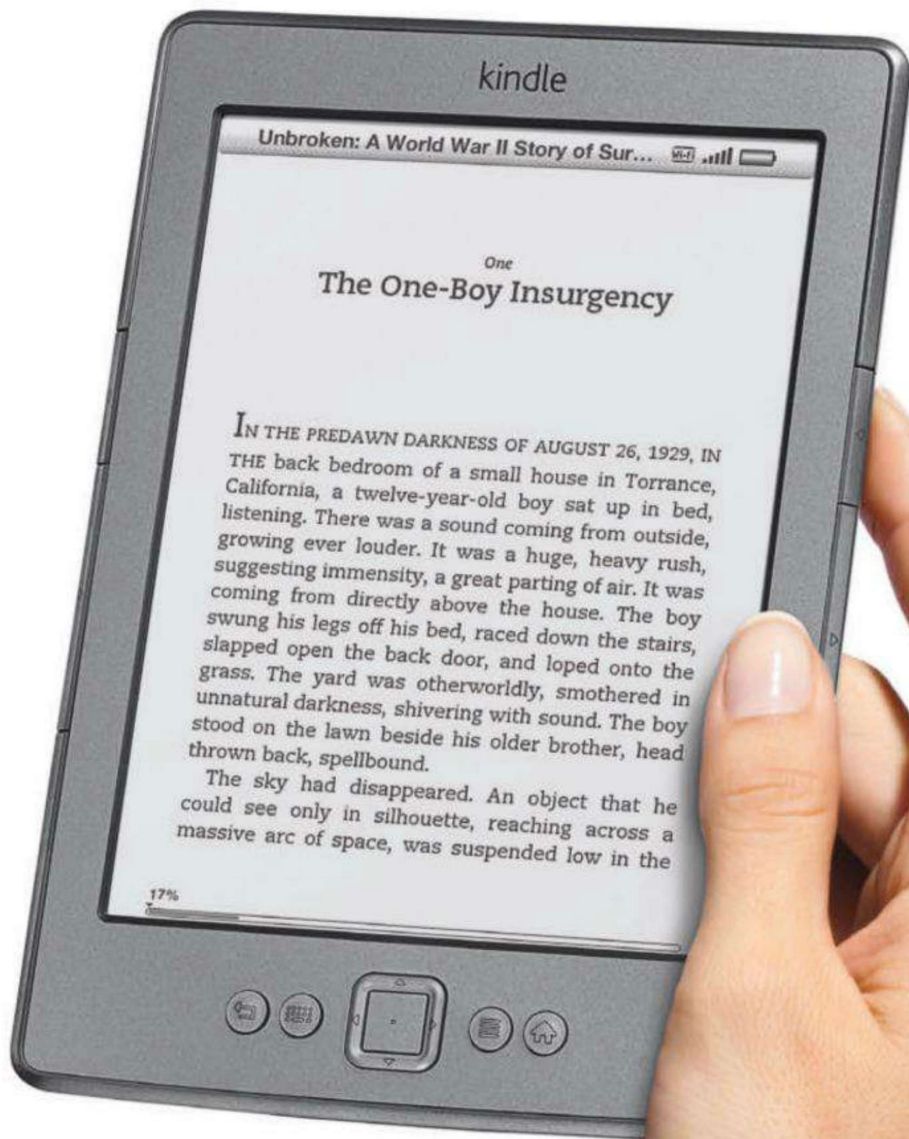
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